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*Agency for Healthcare Research and Quality

Doctors are trained to read charts, x-rays and symptoms, not minds. So it's up to you to give them all the information they need to treat you properly. UnitedHealth Foundation is providing the following list of tips from medical experts* that tell you how to get smarter and safer health care. And how it all starts with the simple act of opening your mouth.

1. Speak up if you have questions or concerns. Choose a doctor who you feel comfortable talking to about your health and treatment. It's okay to ask questions and expect answers you can understand.

2. Keep a list of all the medicines you take and share that information with your doctor. Tell your doctor and pharmacist about the medicines you take, including over-the-counter medicines. Tell them about any drug allergies you have. Ask the pharmacist about side effects and be sure to read the labels on your medicines.

3. Make sure you get the results of any test or procedure. No news is good news is not always the case.

4. Talk with your doctor and health care team about your options if you need hospital care. If you have more than one hospital to choose from, choose a hospital at which many patients have had the procedure or surgery you require.

5. Make sure you understand exactly what will happen if you need surgery. Ask your doctor and surgeon exactly what they will be doing, how long it will take, what will happen after surgery and how you can expect to feel during recovery.

We believe that the more you know about your health, the healthier you'll be. Keep this information and share it with your family and your health care team. For more information on becoming a smarter patient and other health-related topics, visit us at www.unitedhealthfoundation.org.

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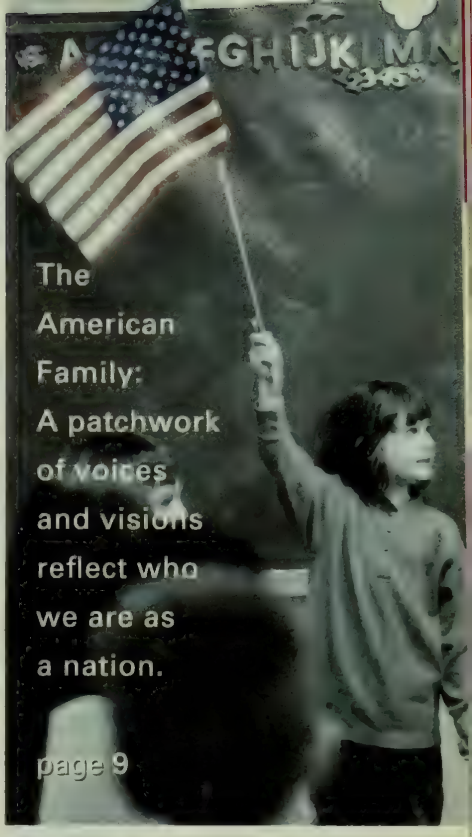


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TREX has it – a unique new shape. General pain relievers are made for general kinds of pain, like backaches or sore muscles. is different. It was specifically designed just for migraines. It was the first medicine of its kind believed to target the nerves od vessels that can trigger your total migraine – the throbbing pain, nausea, sensitivity to light and sound – without ess. Ask your doctor about the new shape of migraine relief.

National Headache Foundation

IMITREX is recognized as an effective treatment by the National Headache Foundation. Educational funding was provided in exchange for recognition by the NHF.

Tablets are a prescription medicine for the acute treatment of migraine attacks in adults. You should not take IMITREX ave certain types of heart disease, a history of stroke or TIAs, peripheral vascular disease, Raynaud syndrome, l pressure that is uncontrolled. If you have risk factors for heart disease, such as high blood pressure, high cholesterol, s, or are a smoker, you need to be evaluated by your doctor before taking IMITREX. Very rarely, certain people, even thout heart disease, have had serious heart-related problems. If you gnant, nursing, or taking medications, talk to your doctor.

important information on the adjacent page.

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IMITREX® (sumatriptan succinate) Tablets

Patient information about IMITREX Tablets for migraine headaches

Generic name: sumatriptan succinate

Please read this summary of information about IMITREX before you talk to your doctor or start using IMITREX. No summary can take the place of a careful discussion between you and your doctor. Only your doctor has the medical training and the complete prescribing information necessary to determine if this medicine is right for you. Once you read this summary, you should discuss with your doctor whether IMITREX is appropriate treatment for you and ask any questions you may have.

WHAT IS IMITREX?

IMITREX is the brand name of sumatriptan, a drug intended to relieve your migraine headaches but not to prevent or reduce the number of migraine headaches you experience. IMITREX should be used only to treat an actual migraine attack. IMITREX can be obtained only with a doctor's prescription and should be used by adults only after discussing the choice with your doctor, taking into account your individual preferences and medical circumstances.

HOW DOES IMITREX WORK?

How IMITREX works is not completely understood. IMITREX is a 5-HT_1 agonist that seems to relieve migraine headaches by acting like a brain chemical called 5-hydroxytryptamine, causing some blood vessels in the head that are swollen during a migraine to constrict (that is, to become smaller), which helps relieve migraine headache.

IMPORTANT SAFETY CONSIDERATIONS

Although the vast majority of patients who have taken IMITREX have not experienced any significant side effects, some patients have experienced serious heart problems and, rarely, considering the extensiveness of IMITREX use worldwide, deaths have been reported. In all but a few instances, however, serious problems occurred in patients with known heart disease, and it was not clear whether IMITREX was a contributing factor in these deaths.

Serious events relating to the blood vessels in the head (e.g. brain hemorrhage, stroke) have been reported in patients who were taking IMITREX. Some of these have resulted in death; however, the relationship of IMITREX to these events is uncertain. In a number of these cases it appears possible that patients were not experiencing a migraine but rather an event due to blood vessel disease in the head. IMITREX was given in the incorrect belief that the person may have been suffering a migraine. Therefore, you should not take IMITREX if the headache you are experiencing is different from your usual migraine attacks. People who suffer from migraines may be at increased risk of certain blood vessel events in the brain (e.g., hemorrhage, stroke, or transient ischemic attack).

Ask your doctor about these and additional safety considerations.

WHO SHOULD NOT TAKE IMITREX?

Some types of migraine headaches should not be treated with IMITREX, and some patients should not take IMITREX because of an increased risk of serious side effects.

- If you have had a heart attack, stroke, transient ischemic attacks, peripheral vascular disease (including ischemic bowel disease or Raynaud's syndrome), or any sort of heart disease or symptoms that are associated with constriction of blood vessels, such as ischemic heart disease, angina, or coronary artery vasospasm, you should not use IMITREX.
- If you have uncontrolled high blood pressure, you should not use IMITREX.
- If you are taking certain drugs for depression, talk with your doctor. IMITREX should not be used if you take or have taken within the last 2 weeks monoamine oxidase inhibitors (MAOIs).
- Your doctor will discuss with you the type of migraine headaches you have. If you have hemiplegic or basilar migraine, you should not take IMITREX. IMITREX should be used only in patients who have been diagnosed by a physician as having migraine with or without aura.
- Tell your doctor about any other medications you are taking. If you are currently taking any migraine medications that include ergot alkaloids, such as methysergide or dihydroergotamine, or other 5-HT_1 agonists, do not take IMITREX within 24 hours of taking these medications.
- Do not take IMITREX if you are allergic to sumatriptan or any of the ingredients in IMITREX.
- If you have severe liver disease, you should not use IMITREX.

WHAT MEDICAL PROBLEMS OR CONDITIONS SHOULD I DISCUSS WITH MY DOCTOR?

- If you have risk factors for heart problems, you should tell your doctor. Your doctor should examine you for heart disease to see whether IMITREX is appropriate for you. Risk factors include high blood pressure, high cholesterol, obesity, diabetes, and smoking. Other patients with risk factors for heart disease are women who are past menopause (whether natural menopause or menopause resulting from surgery), men over 40 years old, or patients with a family history of heart disease. If you have risk factors and your evaluation for heart disease is satisfactory, your doctor may ask you to take the first dose of IMITREX in the doctor's office.
- Tell your doctor if you have chest pains, shortness of breath, or irregular heart beats.
- Tell your doctor if you are taking selective serotonin reuptake inhibitors (SSRIs).
- Tell your doctor if you have a history of epilepsy or seizures.
- Tell your doctor if you have liver or kidney problems.
- Tell your doctor if you have ever had to stop taking any medication because of an allergy or other problems.

USE OF IMITREX DURING PREGNANCY AND BREAST-FEEDING

Do not take IMITREX if you are pregnant, think you may be pregnant, are trying to become pregnant, are not using adequate birth control methods, or are breast-feeding, unless you have discussed this with your doctor.

HOW TO USE IMITREX TABLETS

For adults, the usual dose is a single tablet taken whole with fluids. A second tablet may be taken if your symptoms of migraine come back or if you have partial response to the first dose, *but no sooner than 2 hours after taking the first tablet.* For a given attack, if you have no response to the first tablet, do not take a second tablet without first consulting with your doctor. Do not take more than a total of 200 mg of IMITREX Tablets in any 24-hour period.

The safety of treating an average of more than four headaches in a 30-day period has not been established.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF USING IMITREX?

Do not rely on this summary alone for information about side effects. Your doctor can discuss with you a more complete list of side effects that may be relevant to you. The most frequently seen side effects are tingling and warm/cold sensations with IMITREX Tablets.

- Some patients feel pain or tightness in the chest or throat when using IMITREX. If this happens to you, discuss it with your doctor before using any more IMITREX. If the pain is severe or does not go away, call your doctor immediately.
- If you have sudden or severe abdominal pain after taking IMITREX, call your doctor immediately.
- Shortness of breath, wheeziness, heart throbbing, swelling of the eyelids, face, or lips, or a skin rash, skin lumps, or hives happen rarely, but if they happen to you, tell your doctor immediately. Do not take any more IMITREX unless your doctor tells you to.
- Some patients have feelings of tingling, heat, flushing (redness of the face lasting a short time), heaviness, or a feeling of pressure after taking IMITREX. A few patients may feel drowsy, dizzy, tired, sick. Tell your doctor about these effects at your next visit.
- If you feel unwell in any other way or have any problem that you do not understand after taking IMITREX, tell your doctor immediately.

WHAT SHOULD I DO IF I TAKE AN OVERDOSE?

If you have taken more medication than you have been told, contact either your doctor, a hospital emergency department, or the nearest poison control center immediately.

HOW SHOULD I STORE IMITREX?

Be sure to keep your medicine in an area that cannot be reached by children. It may be harmful to children.

IMITREX Tablets should be stored at room temperature and do not require refrigeration. Do not store above 86° F (30° C) or below 36° F (2° C). Store away from heat and light. If your medication has expired (the expiration date is printed on the label) throw it away as instructed. If your doctor decides to stop your treatment with IMITREX, do not save any leftover medication unless your doctor tells you to do so. Throw it away as instructed.

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Every new year deserves to be welcomed with gr hope and high expectations. This year is exception. It's especially true here at *Better Ho and Gardens*® because 2002 marks the 8 anniversary of our magazine and the 100th anniversary of parent company, Meredith Corporation.

In a memorial book published about our founder Edwin Meredith, it was noted that he "judged correctly the temper the American people" when creating a publication in 1922 people who loved their homes and gardens. And while vision for *Better Homes and Gardens* has indeed survived a thrived through the years, it was his understanding o nation's temperament that fed this success. He recognized t it's an American article of faith that working together *today* make things better for all of us *tomorrow*.

If E.T. were still alive, I think he would have agreed that t is the perfect time—even amid great uncertainty—for us celebrate our country's community. He would have applau our decision to create a special feature for you about the lar inclusive circle that is the American family. Our feature, wh begins on *page 9*, gathers together a "patchwork" of voi and visions from all across our nation. Collectively t tell a story of a people joined as much by our differen as our commonalities. They reveal a deep understanding that blessings come with responsibilit In these words and pictures, hope you'll find wisdom, streng happiness, and even humor.



Better Homes and Gardens family members in front of our Des Moines, Iowa, corporate headquarters. (from left to right) Stephen Exel, Sandy Soria, Hung Luu, Steve Cooper, Laura O'Neil.

It is a new year and a great tim be part of the American family.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief


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in
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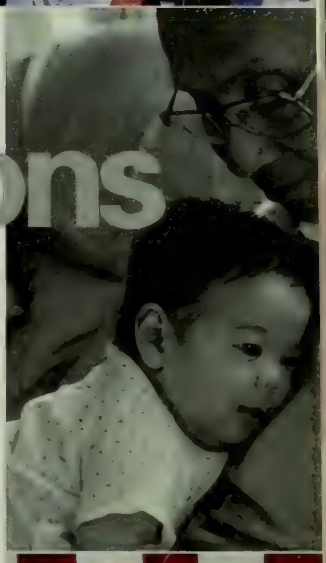
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ne American Family

Voices and Visions



You may be a Ramirez, a Fong, a Romano, a Vanderpool, a Bukowski, or a Yazzie. You could even be a Smith or a Jones. Still, you are part of the American family. *But what does it mean to be an American?* In the shadow of September's national tragedy and the resulting strife, we wanted to step back and ask that simple question. We sought out a diverse group of our fellow citizens, including many you know quite well. Their thoughts and images collected here may lead you to cheer, they may call you to reflect, or they may cause you to consider your own answer to that same question.



produced by
Steve Cooper, Brad Hong, and
Sharon Overton



Freedom is not free. Together we will achieve anything we are willing to work hard for. My mother and grandfather taught me not to judge people by what they had but by the respect they had for themselves and others. Those values along with a good education for everyone will help the American community continue to prosper in difficult times.

—Rosa Parks, civil rights heroine





I remember my father leaving to serve in the Secon World War. My mother put the Uncle Wiggly books in box under the bed and told us that Daddy would rea them to us again when he got home from "the army." H could have avoided service but put his life on the line fo what he believed. I understood always, all my life, that was a privilege to be an American. I don't take it for grante

We Americans are a great sprawling brawling fami who have the room, literally and philosophically, to con together for shared interests and enthusiasms, and to g mad and stalk off when we feel like it. But let the prove bial wolf come to the door and we get back in the hou mighty fast, and woe betide the wolf.

—Dixie Carter, actress, whose 91-year-old father now lives with her



The neatest thing about America is our diversity, and our freedom to be diverse. Muslim, Buddhist, Christian, Jew, Hindu, Sikh … all are welcome and free to practice their religions here. We are free to express our political views and disagree. But, as recent events have shown, we also love one another and come together quickly in times of need.

—Muhammad Ali





inctively, we know how to come together.
prove it whenever we must.
know how to love and care for each other.
can learn to respect … trust.
ır differences, they're so much smaller
n our "same ness."
re strengthened by each other's prayers.
re warm to our hearts when we share that we care.
s look into ourselves in this time of distress and need.
find the power and strength to succeed.
en this crisis is done, Lord let us know
at we don't need a war to make us
are … that we are one.

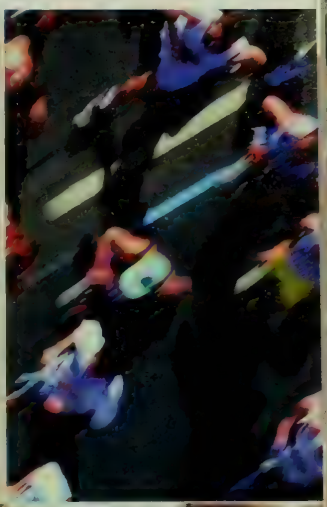
lged from her new poem"One")

Jella Reese Lett,
ster and star of television's *Touched by an Angel*

I love baseball because it gave the son of an Italian immigrant a chance to be successful. I love America because it gave the son of an Italian immigrant a chance to play baseball.—Tommy Lasorda, LA Dodgers

Our lives are connected, like patches on a quilt.

—Noel Paul Stookey,
one of the voices of Peter, Paul and Mary





I felt very keenly the bond of political, historical, pyschological, and emotional connectedness after the catastrophe of September 11, as I believe many of us did. There's a strength in this, a sense of a common destiny, but also a terrible vulnerability, new in our American experience.

I'm not sure that "one community" is adequate to suggest the great, even astonishing diversity in our culture. America has been described as a mosaic, and perhaps this is most helpful as a metaphor. For there are so many subcommunities, some speaking their own language, and worshiping very differently. A vigorous, vibrant, many-voiced yet somehow harmonious entity, the U.S. of the 21st century.

—Joyce Carol Oates, author of *Middle Age—A Romance*



I grow garlic, and my garlic comes from all over the world. Garlic is an immigrant crop. My father thought that it must be a dangerous immigrant food because it came from abroad. Other people feared broccoli at first because it came from somewhere else. But my maternal grandfather taught me to love garlic and appreciate it. Now I have so much that I pretty much have a head of garlic a day out of my garden, and I've still got enough to give a lot away. You see, we shouldn't fear something just because it came from somewhere else.

—Roger Swain, host of PBS's *Victory Garden*

Has anyone besides me noticed the heightened sibling-like tolerance and camaraderie in the simple acts of daily life in this country since September 11?

—Michael Graves, architect





During the height of the Ellis Island period of immigra-tion, the English poet Philip Bailey wrote of our natio

"America, thou hal brother to the world...'

Over the past four decades more than 30 millio immigrants have come to America. As in the past yea integration and acceptance has not always been easy, b it has always been inevitable.

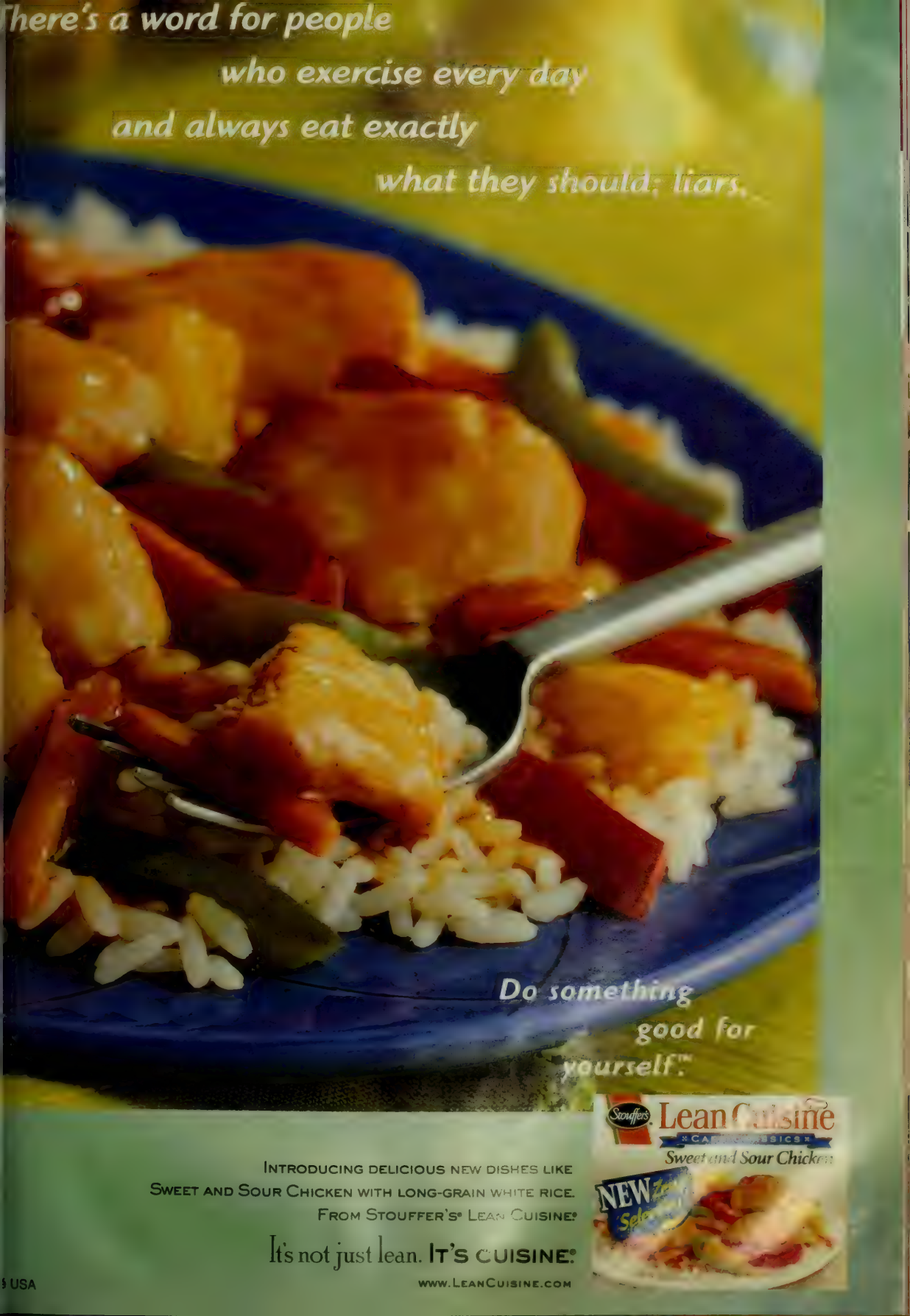
—Rev. Nathan Baxter, Dean of Washington National Cathedr



Most families, when they pose for a family portrait, und standably want it to look a certain way: with everyone smili appearing happy and trouble-free and without worries. Tha the idealized version of family: contented and peaceful o sunny, cloudless day.

The reality, though, is that all families—including our natio family—often find their truest, best selves not in times with stress or challenge, but in times when they are asked to confr the most difficult questions. So it is with the American family ri now—and our national portrait—as we all go through these d days. May we be strong and direct with each other. And may o portrait be one which, in future years, we will look upon with pri

—Bob Greene, syndicated columnist for the *Chicago Tribune*, author of *Duty: A Father, A Son, and The Man Who Won the War*



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USA



At every critical point in our lives, we have a choice. We can stand firm on our foundation of faith or we can implode in fear, anger, prejudice, hate, and unbelief. My prayer is that each of us in the American family will choose to build on our foundation of faith a life that is pleasing to God, a life that is indivisible, with liberty and justice for all.

—Anne Graham Lotz, preacher, author of *Heaven: My Father's House*, daughter of Billy and Ruth Graham



I've been at Smith College, been with a lot of young people recently. I met a charming young woman from Cambodia at the college who has been living in Utah. Well, she told me she wants to be the first Asian-American United States senator from Utah. She was born over there, but came over here and now that's her ambition. More power to her, I say.

—Julia Child, award-winning television chef, cookbook author

We are the insiders, the outsiders, the mainstream and t marginalized, the disenfranchised and bureaucratized, t bicultural, the multicultural, the people of color, color peoples, Native Americans, the minority, and the rising majo ity. We mess up the English language with ebonics, Spanglis Yiddish, Tagalog, and pidgin. We are American. Sometim

Activism is not a uniquely American quality, but I cann imagine our nation without the activists who keep our awar ness alive. Because I can protest, because I can sing, screa write poems on walls, teach, act, share and exchange; becau I can march, parade, collect, and hold a lit candle to the da sky, being an American fits me. And I can never do tho things enough.

—Elmaz Abinader, Arab-American poet, college professor

- The difference between you and me is that when you became an American citizen you were naked and I was fully dressed.
- What's interesting to me is that you go to Italy, but tha doesn't make you an Italian. You go to France, and tha doesn't make you French.

But anyone can come here and become an American.

- When writing a letter to somebody in Russia, you mus put the name of the country first on the envelope, the the name of the state, then the name of the city, then th name of the street, and then the name of the perso comes in last. It's great living in a country now where th people come first.

—Yakov Smirnoff, Russian comedian, U.S. citizen since 1986



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Both my parents and my wife's parents were born and raised i Eastern Europe. They left their homes and came to this coun try in search of a better life, and I pause nearly every day in grat itude that they did. There are nearly 300 million Americans. W are made up of so many subcommunities—defined by race ethnic origin, economic class, and sexual orientation. This ca be a source of strength or a source of fragmentation. I choos to see this as a source of strength. There is a Jewish teachin that tells us that God is like a mirror: The mirror never change but everyone who looks into it sees a different face.

—Rabbi Harold Kushner,
author of *When Bad Things Happen to Good People*

Everything I think about being part of the American family sounds contradictory. Our family is unified, yet diverse; proud of who we are, yet tolerant of others; eager to acquire, and to give; infatuated by everything new, but interested in our forefathers. We have learned anew that we can criticize each other endlessly, until someone from outside comes after us, actually attacks us, and we defend each other lustily. Having membership in this family as part of my birthright is a precious privilege. This is still the place where history does not hold you back.

—Cokie Roberts,
television commentator, author

America is a story that keeps being told.

—Betty Ford, former First Lady



When you look back down from space it's very natural to loo for places that are familiar and try to gain some new perspectiv You know, it takes only 10 minutes for the space shuttle to g across the United States from San Francisco to Florida. Just minutes. You suddenly realize that we really aren't very separat at all, it just seems that way. It isn't just that the country shrink but you see in a different way how it all comes together.

—Dr. Sally Ride, first American woman in space, now a profes of physics at University of California, San Diego



The American dream does not end when it comes true for you. It becomes your duty to make it come true for others.

—Dr. David Satcher,
U.S. Surgeon General

Better Homes and Gardens® graciously thanks the many people who contributed their voices and visions to this special feature, including the following photographers: King Au, Nina Barnett, Morton Beebe, Jim Krantz, Tom McWilliam.

Dinner's ready

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Windows Wow!

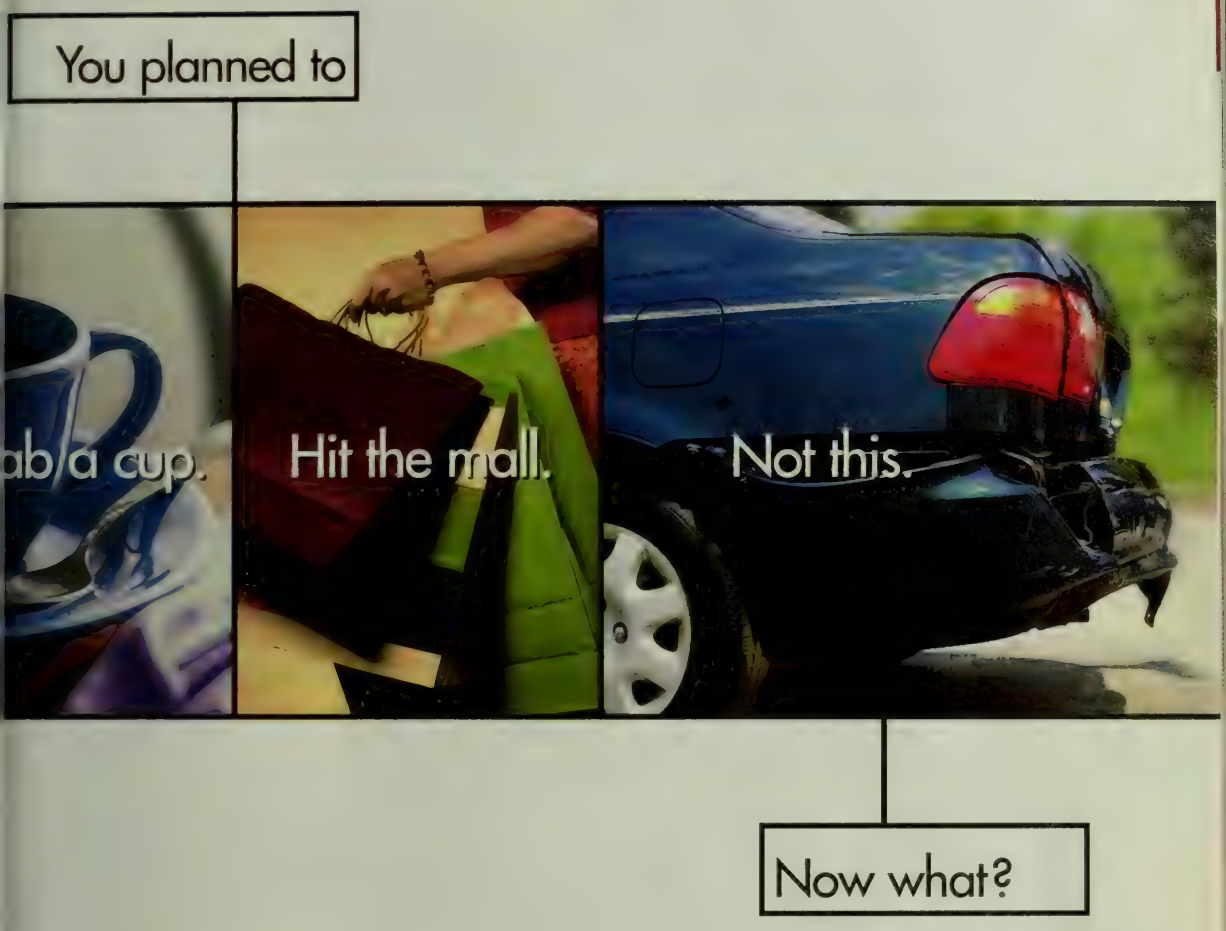
Dress your windows for success with ideas from our Window Ideas Center. Get tips on sumptuous curtains, simple blinds, and every combination in between.
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Plan a Party

No matter how you plan to celebrate the arrival of 2002, BHG.com is here to help. We serve up ideas for more than 25 party themes, with tips on everything from creative table decor to easy-serve menus.
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Celebrate the holida



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Sew Easy Windows

A straight seam, a handstitch, some clever shortcuts, and voilà! You have out-of-the-ordinary window treatments that require almost no sewing skills.

To make the fringe edge, choose fabric that ravels easily, such as this loosely woven linen (*below*). Make sure the grain-line is straight. If you don't know how to check this, ask a fabric store employee.





fray away Sunlight illuminates the translucent texture of linen in these curtain panels. Flirty, hand-raveled fringe adds a sophisticated touch. First, mount swing-arm rods at the top and bottom of the windows. To determine the width of the panel, measure the length of the rod and add 1 inch. Then, measure the distance between the top and bottom rods and add 12 inches to determine the length of the panel. Make a mark 6 inches in from each short end, and ravel the fabric until you reach the mark. Hem the long sides with a ½-inch seam. Tie the fringe around the rod. (See tying instructions on *page 28*.)

continued on page 22

continued from page 21

rolling along

An elegant toile pattern is showcased on these flat shades. A contrasting fabric on the reverse becomes visible when the shade is rolled. From each fabric, cut a panel 1 inch wider and 3 inches longer than the window. With right sides facing and using ½-inch seams, sew the panels together in pairs. Leave the top edge open. Turn the fabrics to the right side and press. Cut a 1-inch-wide board the same width as the panel. Paint it to match the woodwork. Staple the fabric to the board. (See stapling instructions on *page 28*.) For each panel, cut four floor-length ribbons. Position the ribbons in pairs—one down the front of fabric and one down the back—a few inches in from each side of the board; staple to back of board. Screw the board to the window molding. Roll up the shades and tie with ribbon bows.





These soft shades are not self-rolling like the spring-loaded kind, but must be rolled by hand. Reserve them for spots where they will not be raised and lowered often. Ribbons knotted beneath the rolls (*above*) hold the shades in place once they are positioned at the desired height.

continued on page 24







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Clorox® Disinfecting Wipes.

The only wipes with the power from Clorox to clean and disinfect the kitchen, the bathroom and all through the house.

None of those other things can promise that!!!

...instead.

...e Clorox Company. Use as directed.

continued from page 22

well placed Don't restrict a beautiful table runner to the table. Its size and narrow rectangular shape makes it a candidate to serve as an attractive valance. Buy a runner that is approximately 1½ times the width of your window; the extra width will allow for soft, gentle gathers. Reserve about 12 inches on each end to form a flipped-back swag. Divide the rest of the runner into equal increments, spacing the marks about 8–12 inches apart. Hand-stitch a large drapery ring at each mark. (See ring-attachment instructions on *page 28*.) Slide the rings over the rod to hang the valance in place. Space the runner along the rod so it drapes gently between the rings. This valance is so easy to make, you may want to use seasonal or holiday runners to quickly change the look of your room. Some runners even have tassels or beads on the ends for a festive or formal look.





Be sure to choose a lined runner because the wrong side will show when the ends of the runner fall into folds. If you can't resist an unlined one, back it with a coordinating fabric.

continued on page 26

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continued from page 24

fold here

By dressing the bed as well as the window, sheets can really tie a bedroom together. Turn a pretty sheet into an easy curtain by flipping it over a rod so the border design forms the valance. We hung this rod partway down the window, so the design has more impact. Buy a sheet longer than your desired curtain length (the excess will puddle on the floor). Fold it over the rod to decide how deep the valance portion should be. Make a mark indicating the start of the valance portion at the center of the sheet. Take the sheet down and slit it straight up the center, but only as far as the mark. Narrowly hem the slit. Fold the valance into pleats to take up the excess width, and press pleats with an iron. Drape the curtain over the rod and anchor with hook-and-loop tape. (See anchoring instructions on *page 28*.)



The sheet is slit up the center and hemmed, but only as far as the depth of the valance portion. This allows the curtain to be opened and drawn to the sides while keeping the valance in one uninterrupted piece.

continued on page 28





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continued from page 26

1. Tying After raveling the fabric ends, divide the string or fringe into clusters about ¼ inch wide. Divide each cluster into two equal strands and tie them around the rod, placing the rod close to the fabric edge. Adjust the tension and placement of the knots so the fabric does not pucker, then trim the fringed ends to an even length.

2. Stapling Turn and press the fabric, then staple the upper edge to a 1-inch-wide board. Staple the ribbons over the fabric. Roll the board under one turn so the fabric raw edge points down. Flip one ribbon under the board and one over it. Working underneath the fabric, screw the board to the window frame. Let the fabric hang over the board so the board is concealed.









Great style doesn't always mean complex designs and construction. We used easy techniques (and affordable fabrics) to create fast and simple window treatments.

3. Ring Attachment Hand-sew a wooden curtain ring to the wrong side of the table runner. Position the curtain ring so the small eye used for attachment is not visible from the front of the valance. Use several small stitches, making sure they do not show through on the front fabric. Repeat as needed.

4. Anchoring Fold the valance portion into evenly spaced pleats (we used box pleats), and press them into sharp folds. Drape the sheet over the rod. If the weight of the curtains pulls the valance off the rod, pin the valance to the curtains at regular intervals. Slide the sheet off the rod. Where there's a pin, sew circles of hook-and-loop tape between the valance and the curtains. Rehang the curtains, smooth the pleats, and fasten the hook-and-loop tape.

Buying information, page 125

For more fun window treatment ideas, check out our Web site at www.bhg.com/extra

Hot flash



Lauren Hutton,
rmone replacement therapy

"When I started menopause, my doctor recommended hormone replacement therapy, HRT, to relieve my hot flashes and prevent bone loss.

He said up to 20% of my expected lifetime bone loss could occur in the years right after menopause.* **I didn't listen.** I shrank an inch in my very first year!†
That's when I took his advice and went on HRT. I've been on it for 10 years, and I feel great—I have no hot flashes and I'm protecting my bones."

Signs of menopause you may experience:

- ❒ **Uncomfortable symptoms**
  - Hot flashes
  - Night sweats
  - Vaginal dryness
- ❒ **Mood swings or changes/irritability**
- ❒ **Fatigue**
- ❒ **Interrupted sleep**

Call 1-800-539-2596 now for your FREE Menopause Action Kit to help you live the years ahead with health and vitality.

Ask your health care provider about hormone replacement therapy.

*Up to 20% of expected lifetime bone loss occurs in the first 5 to 7 years after menopause.
†This is Lauren's personal experience; not all women have the same experience at menopause.

Lauren Hutton is just one of 17 million women in the U.S. on hormone replacement therapy.

HRT may not be right for all women. There are benefits and risks.
Talk to your doctor. You and your doctor can decide if it is right for you.

by
Catherine
Kramer

Ways with Entries

Home is the place you hang your hat. But don't let your entryway become the place you drop everything else. Sort through these simple clutter-busting ideas to create a clear path to your door.



"Tuck Away" Drawers

These wooden storage drawers provide a neat appearance and are more functional than an entry table. They'll also take a lot of the burden away from your front closet. Hide outerwear here, or even your slippers. Notepaper tucks away in an upper drawer, and pens and pencils are at hand on top. A mounted wall rack lifts magazines and newspapers above potential clutter, leaving room for a lamp. The lamp balances the height of the wall rack and adds a bit of curve to the mix; the low-wattage bulb acts as a night-light.

A nearby chair provides a place kick off your sho When not in use the chair often becomes a temp rary resting plac for bulky packag A potted plant adds a measure tranquillity.

continued on page 32

ADVERTISEMENT

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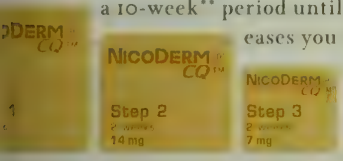


n New Year's resolutions on yone's lips, now is the right to quit smoking, especially u know you want to quit but need help with the nicotine ngs. No matter how many cigarettes you smoked a he NicoDerm CQ patch works as a temporary aid lp you quit smoking by reducing nicotine with- al symptoms and cravings, 24 hours a day.*



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lay, around the same time, apply a new CQ patch to a different on the skin that is dry, clean and hairless. You can then wear tch for 24 hours, or from the time you get up to the time you go Plus, you can shower, swim and exercise with it. The CQ patch in opaque and is also the only one available in clear, for a more al way to quit. Others won't know you're wearing it – unless you hem to know! People are supportive of the patch as a healthy quit.

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**If you smoke 10 or less cigarettes per da at Step 2 (8 week
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Use as directed. Individual results may support program can improve success.





Labeled bins ensure that there's a
for everything. The labels can be
easily with the seasons—today's
gloves" bin is tomorrow's "snork
pool pass" bin.



Ways with Entries continued from page 30

On the Level

Everything on these shelves is at the proper height—mittens and homework down low, mail and keys up high, and decorative objects and flowers at adult eye level. Children can sort through the manageable bins without standing on tiptoes or upsetting a whole shelf. The lightweight galvanized bins present a united front, lending uniformity to the space. A cheery desk lamp, within reach of everyone, lights up for early or late arrivals. On the floor, a wicker basket is a catchall suitable for newspapers and magazines.

iot It Pegged

)llowing an afternoon of puddle-
mping, you can keep messes contained
ith a peg rack. Hang one or two racks in
nudroom or laundry room, and let shoes
id garments drip-dry.

You'll need several ¾-inch dowel rods
id a 1×4 piece of pine long enough to fit
ur wall space. Drill a hole slightly smaller
an the dowel halfway through the wood.
. smaller hole ensures the dowel fits
ugly.) Dab a little wood glue into the
le, insert the dowel, and drive a ⅝-inch
¾-inch screw through the back of the
od to secure the dowel. Space two dowels
nches apart for a pair of shoes, then leave
inches in between those and the next pair
dowels.

Prime and paint your peg rack. When
e rack is dry, hang it with screws low
ough for tots or a seated adult to reach.

continued on page 34



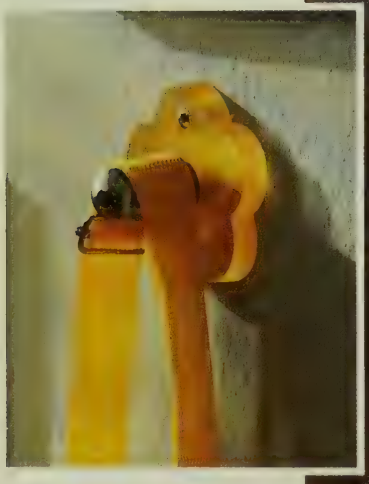
If you hang two racks, stagger the pegs so shoes don't drip on each other.

The greatest
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the mini-van.



eal pasta. Real sauce. Real fast.

continued from page 33



A Gallery with Galoshes

Form and function come together beautifully in this colorful back hallway. Each family member appears in a portrait, attractively matted and framed, that doubles as a label for his or her hook. The taller folk get the high perches, while the younger ones can hang their short pants closer to the floor. And don't forget the pup—drape the leash here so you'll know where to grab it when it's walk time. Choosing bright, decorative hooks adds to the entry's appeal, and allows for drip-drying soggy clothes.

Buying information, page 125

The portable wicker storage drawers are on casters, so the cabinet can roll conveniently onto the scene or out of the way. Family members each have a drawer of their own for hats and gloves.



ıa was: worrying about the cold too often instead of enjoying it with my kids.

Advair is: clinically proven to increase symptom-free days.

ADVAIR is an asthma product that's clinically proven to significantly improve lung function and increase symptom-free days, so you can do more of the things you want to do. That's because ADVAIR is the *first and only* product approved by the FDA to effectively treat the two main components of asthma: airway constriction and inflammation. All with one easy-to-use[1] DISKUS device. The clinical results were experienced by people taking ADVAIR 100/50, compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powders) alone.

ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. People switching from an oral steroid, like prednisone, to ADVAIR, which contains an inhaled steroid, need to be especially careful. While adjusting to the switch, your body may not be as able to heal after surgery, infection, or serious injury. If you have heart or blood pressure problems, tell your doctor. Some people may experience a change in heart rhythm. See your doctor if your asthma does not improve.

ADVAIR is for patients 12 and older. Ask your doctor if it's right for you. For more information, visit us at ADVAIR.com or call 1.877.4.ADVAIR.



CONSTRICTION



INFLAMMATION



ONLY ADVAIR TREATS BOTH

ADVAIR DISKUS 100/50
(fluticasone propionate 100 mcg and salmeterol 50 mcg inhalation powder)

Life should take your breath away, not asth

Please see important information on the following page.

ADVAIR DISKUS 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

WHAT IS ADVAIR DISKUS?

ADVAIR is the brand name of a twice-a-day asthma product that contains two medications, fluticasone propionate and salmeterol. DISKUS is an inhalation device used to deliver ADVAIR. Fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids, works by reducing inflammation (swelling and irritation) of the airways. Salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta-agonists, works by helping to prevent bronchospasm (constriction of the muscles surrounding the airways). There are three strengths of ADVAIR DISKUS that contain 100, 250, or 500 mcg of fluticasone propionate per dose and each contains 50 mcg of salmeterol per dose.

What should I know before taking ADVAIR?

ADVAIR should not be used for relief of sudden asthma symptoms. Your doctor will prescribe a fast-acting inhaler (such as albuterol) to relieve sudden symptoms that may occur despite regular use of ADVAIR.

ADVAIR should not be used to treat a severe episode of asthma requiring emergency medical treatment.

YOU SHOULD NOT START TAKING ADVAIR IF YOUR ASTHMA IS BECOMING SIGNIFICANTLY OR RAPIDLY WORSE, WHICH CAN BE LIFE THREATENING. Serious respiratory events, including death, have been reported in people who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events or if it simply failed to relieve the worsening asthma. In most cases these occurred in people whose asthma was rapidly worsening. They have also occurred in a few patients with less severe asthma.

If you are using your fast-acting inhaler more frequently or are taking more doses, it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately. If you've been using a fast-acting inhaler regularly (e.g., 4 times a day), your doctor will tell you that this is no longer necessary once you are taking ADVAIR, and that you should use your fast-acting inhaler for sudden symptoms only.

WARNING: ADVAIR should not be used to switch from an oral steroid like prednisone to an inhaled steroid. People switching from an oral steroid to ADVAIR, which contains an inhaled steroid, need to be especially careful. Although inhaled steroids may provide control of asthma symptoms, while adjusting to the switch, your body is not as able to heal after surgery, infection (e.g., stomach flu), or serious injury. You should carry a warning card indicating you may need oral steroids during periods of stress or a severe asthma attack.

You should not take ADVAIR if you have had an allergic reaction to salmeterol, fluticasone propionate, or lactose in the past.

Important Safety Considerations with ADVAIR:

Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening, and if it occurs, you should stop taking ADVAIR and contact your doctor immediately.

In rare cases, people are allergic to ADVAIR. If you immediately experience choking, difficulty inhaling, rash, hives, itching, or welts on the skin, you may be having an allergic reaction. Stop using ADVAIR and contact your doctor immediately.

Salmeterol is a beta-agonist belonging to a class of drugs that can affect the circulatory system in some patients as measured by heart rate and blood pressure and/or cause symptoms like heart fluttering, chest pain, rapid heart rate, tremor, or nervousness. These symptoms are uncommon at the recommended dosage. If they occur, ADVAIR may need to be stopped. Changes may also occur in the electrocardiogram (ECG), although the importance of this is not known.

Your doctor may be cautious about giving you ADVAIR if you have heart disease, especially coronary artery disease, irregular heartbeat, or high blood pressure. ADVAIR should also be used with caution by people with seizures or overactive thyroid gland, and those who are unusually responsive to this class of drugs.

When given intravenously, albuterol, a drug with a similar chemical structure to salmeterol, can worsen diabetes. These drugs may cause low blood potassium in some people, which may lead to side effects like an irregular heart rate. Significant changes in blood sugar and/or potassium were rare in clinical studies with ADVAIR at recommended doses.

Taking steroids can affect your body's ability to make its own steroid-like hormones, which are needed during infections and times of severe stress to your body, such as an operation. Although much more common with oral steroids, these effects can be seen with inhaled steroids, especially when taken at higher than recommended doses. Inhaled steroids often permit control of asthma symptoms with less systemic side effects. Because patients' sensitivity to steroid side effects varies, talk to your doctor about using the lowest strength of ADVAIR for your asthma.

Tell your doctor if you have been exposed to or currently have chicken pox or measles. Chicken pox and measles, for example, can be more serious or even fatal in susceptible people taking corticosteroids.

Inhaled corticosteroids may cause a reduction in growth velocity. Talk to your doctor about using the lowest strength of ADVAIR for your asthma.

ADVAIR should be used with caution, if at all, in people with tuberculosis, herpes infections of the eye, or other untreated infections.

People taking ADVAIR may develop yeast infections of the mouth and/or throat that should be treated by their doctor.

If you have been switched from an oral steroid to ADVAIR, allergy symptoms, eczema, or arthritis may be uncovered. During oral steroid withdrawal, patients may experience joint/muscle pain, tiredness, or depression, even though their asthma symptoms may be the same or better.

In rare cases, people taking ADVAIR may develop serious conditions that often require oral steroid treatment. Symptoms can include rash, worsening breathing problems, heart complications, and/or a feeling of "pins and needles" or numbness in the arms and legs. These conditions are usually, but not always, associated with reduction/withdrawal of oral steroids following the introduction of ADVAIR. Although ADVAIR has not been shown to cause these conditions, you must tell your doctor right away if you develop any of these symptoms.

Rare instances of glaucoma, increased pressure in the eyes, and cataracts have been reported with inhaled corticosteroids, including fluticasone propionate.

How should I use ADVAIR?

ADVAIR should never be taken more than one inhalation twice daily.

You may see a benefit within the first 30 minutes after taking your first dose of ADVAIR, but the full benefit may take 1 week or longer. Each dose of ADVAIR will last for 12 hours or longer.

If you are taking ADVAIR regularly, you should not take additional salmeterol for the treatment of exercise-induced symptoms or for any other reason.

What should I know about the DISKUS device?

When using ADVAIR, remember: • Never breathe into the DISKUS. • Never take the DISKUS apart. • Always use the DISKUS in a level position. • Never wash any part of the DISKUS or ever try to keep it dry. • Discard 1 month after removal from the foil overwrap.

Do not use ADVAIR with a spacer device.

Can I take ADVAIR with other medications?

When taking ADVAIR, take all medications exactly as prescribed.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

No drug interaction studies have been performed with ADVAIR. In clinical studies, there was no increase in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline). There were no increases in steroid side effects whether ADVAIR was taken with or without FLONASE®.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with usual amounts of albuterol. However, the effect of using ADVAIR while taking more than 9 puffs a day in 24 hours has not been studied.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta-agonists and may also cause severe bronchospasm. However, in some cases, for instance, following heart attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse by ADVAIR, especially at higher than recommended doses. Caution should be used when these drugs are taken together.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus medicine) or other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have increased steroid side effects.

What are the possible side effects of ADVAIR?

In studies with asthma patients taking either placebo, ADVAIR DISKUS 100/50, ADVAIR DISKUS 250/50, fluticasone propionate 100 mcg, fluticasone propionate 250 mcg, or salmeterol 50 mcg, the side effects more common with either strength of ADVAIR than placebo (which may or may not have been received a drug) were upper respiratory infection (14% for placebo, 27% for ADVAIR DISKUS 100/50, 21% for DISKUS 250/50, 29% for fluticasone propionate 100 mcg, 25% for fluticasone propionate 250 mcg, and 8% for salmeterol 50 mcg); sore throat (6%, 13%, 10%, 7%, 12%, and 8%, respectively); upper respiratory inflammation (5%, 7%, 6%, 7%, 8%, and 8%); sinus infection (4%, 4%, 5%, 6%, 1%, and 3%); hoarseness/voice change (<1%, 5%, 2%, 2%, 4%, and <1%); yeast infection of the mouth (0%, 1%, 4%, 2%, and 0%); viral respiratory infections (3%, 4%, 4%, 4%, 10%, and 6%); bronchitis (2%, 2%, 8%, 2%, and 2%); cough (2%, 3%, 6%, 0%, 0%, and 3%); headaches (7%, 12%, 13%, 14%, 8%, and 6%); nausea and vomiting (1%, 4%, 6%, 3%, 4%, and 1%); stomachache (1%, 4%, 1%, 0%, 2%, and 1%); diarrhea (1%, 4%, 2%, 2%, 2%, and 1%); gastrointestinal flu (2%, 3%, 0%, 3%, 1%, and 2%); yeast infection at unspecified site (1%, 3%, 0%, 1%, 4%, and 0%); and muscle pain (3%, 4%, 2%, 1%, 5%, and 2%).

Side effects that occurred in 1% to 3% of people taking ADVAIR were swollen glands, muscle cramps, broken bones, cuts, burns and bruises, allergy symptoms, ear, nose, and throat infections, nose and throat infections, stomach pains, intestinal problems (e.g., appendicitis, pain, infections), sores or infections in mouth, toothache, abnormal liver function tests, lung infections (e.g., pneumonia), muscle and joint aches and pains/stiffness, sleeping problems, tremors, feeling of pinched nerves, viral and bacterial infections, fluid retention, unusual taste, skin infections, hives, skin itching/flakiness, and sweating.

The adverse events in a study with ADVAIR DISKUS 500/50 were similar to those above.

Other reported side effects with ADVAIR include: signs of steroid excess (e.g., weight gain, susceptibility to diabetes), paleness, agitation, aggression, sun-sensitivity rash, menstrual problems, pelvic pain, abdominal pain/infections.

The long-term effects of ADVAIR are not fully known. However, some patients have received fluticasone propionate continuously for 3 years or longer. No differences in the type or severity of adverse events were observed after long- (2 years) versus short-term treatment with fluticasone propionate.

What if I am a child or elderly?

The safety and efficacy of ADVAIR in children less than 12 years of age has not been established. In one 12-week study in patients 4 to 11 years of age, side effects were similar to those seen in adults 12 years of age and older.

Studies have shown that inhaled corticosteroids may reduce growth rates in children with asthma. This may occur even if there are no other signs of systemic effects of the medication. The long-term effect of reduction in growth rate from inhaled corticosteroids including the impact on final adult height are unknown. The potential for "catch up" growth after stopping inhaled corticosteroids has not been adequately studied. Your doctor may monitor the growth rate of children or adolescents taking ADVAIR. The potential benefit and effects of long-term treatment should be weighed against the clinical benefit. Each patient should be titrated to the lowest strength that effectively controls their asthma.

In clinical studies, the overall safety of ADVAIR in people with asthma over 65 was similar to that in younger people. No change in dose is needed in older people. Special caution should be used in older people with heart disease.

What if I am pregnant or nursing?

You should consult with your doctor before taking ADVAIR if you are pregnant or nursing.

There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmeterol is known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk, but other corticosteroids have been detected in human breast milk. Talk to your doctor about the potential risks of using ADVAIR during pregnancy, labor, or if you are nursing.

What happens if I take too much ADVAIR?

Increasing doses of ADVAIR were associated with a higher frequency of tremor, nervousness, and shortness of breathing. Deaths have been reported with the excessive use of the class of drugs to which salmeterol belongs. Doses of inhaled or oral salmeterol 12 to 20 times higher than recommended have been associated with significant effects on the heart.

Overdosing with ADVAIR is potentially dangerous. If you overdose with ADVAIR, stop taking the drug and seek immediate medical attention. Signs and symptoms of chronic overdose with fluticasone propionate are those of steroid excess (e.g., weight gain, diabetes). The expected signs and symptoms of overdose with salmeterol are similar to those for other beta-agonists and include irregular or rapid heartbeat, nervousness, tremor, headache, muscle cramps, seizures, and chest pain.

What other important tests were conducted with ADVAIR?

Like most prescription drugs, ADVAIR was required to be tested on animals before it was allowed for human use. There is no evidence of enhanced toxicity with ADVAIR compared with the components administered separately. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in animals (e.g., cleft palate and fetal death). In animal studies with doses much higher than those used in humans, salmeterol was associated with uterine tumors. No effect on fertility in rats was seen at exposures to the maximum recommended daily dose for salmeterol. Your healthcare professional can tell you more about how drugs are tested on animals and what the results of these tests may mean about safety for humans.

If you have any further questions about ADVAIR, talk to your doctor, visit our Web site at ADVAIR.com, or call 1.877.4.ADVAIR.

Reference: 1. Boulet et al. Comparison of Diskus™ inhaler, a new multidose powder inhaler, and Diskhaler™ inhaler for the delivery of salmeterol to asthmatic patients. *J Asthma*. 1995.

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by Dan Weeks

Built-Ins Around the House



Rolled towels create a colorful, textural display in this remodeled master bath. Stored in cubbies between the shower and sink, the towels are easy to grab—even if your eyes are closed. Just around the corner and built into the same wall, shadow box shelves hold photos, toiletries, and collectibles.

Instead of making storage an afterthought, build it in from the start. Whether you're planning to build a new house or refresh an existing one, built-ins can meet your storage needs with style and convenience.

bath

Too often, bathroom storage is closed storage. Drawers, cabinets, an medicine chests are appropriate places for pills, cleaning supplies, and groon ing items, but it's a shame not to show off your prettily packaged toiletries colorful collection of towels. This bath puts essentials on display with ope shelves designed for that purpose. In this case, they inhabit a privacy wall th divides the bathing area from the vanity. Built-ins don't need to be expensiv These simple cubbies get style from their contents, not intricate moldings.

continued on page

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This kitchen's "magic corner" pulls off a two-part trick: It puts the goods right where they're needed, and it makes useful storage space out of the nether recesses of the cabinetry. Style doesn't suffer, either; the alderwood cabinet faces, granite countertop, and stone floor are handsomely traditional.

Kitchen

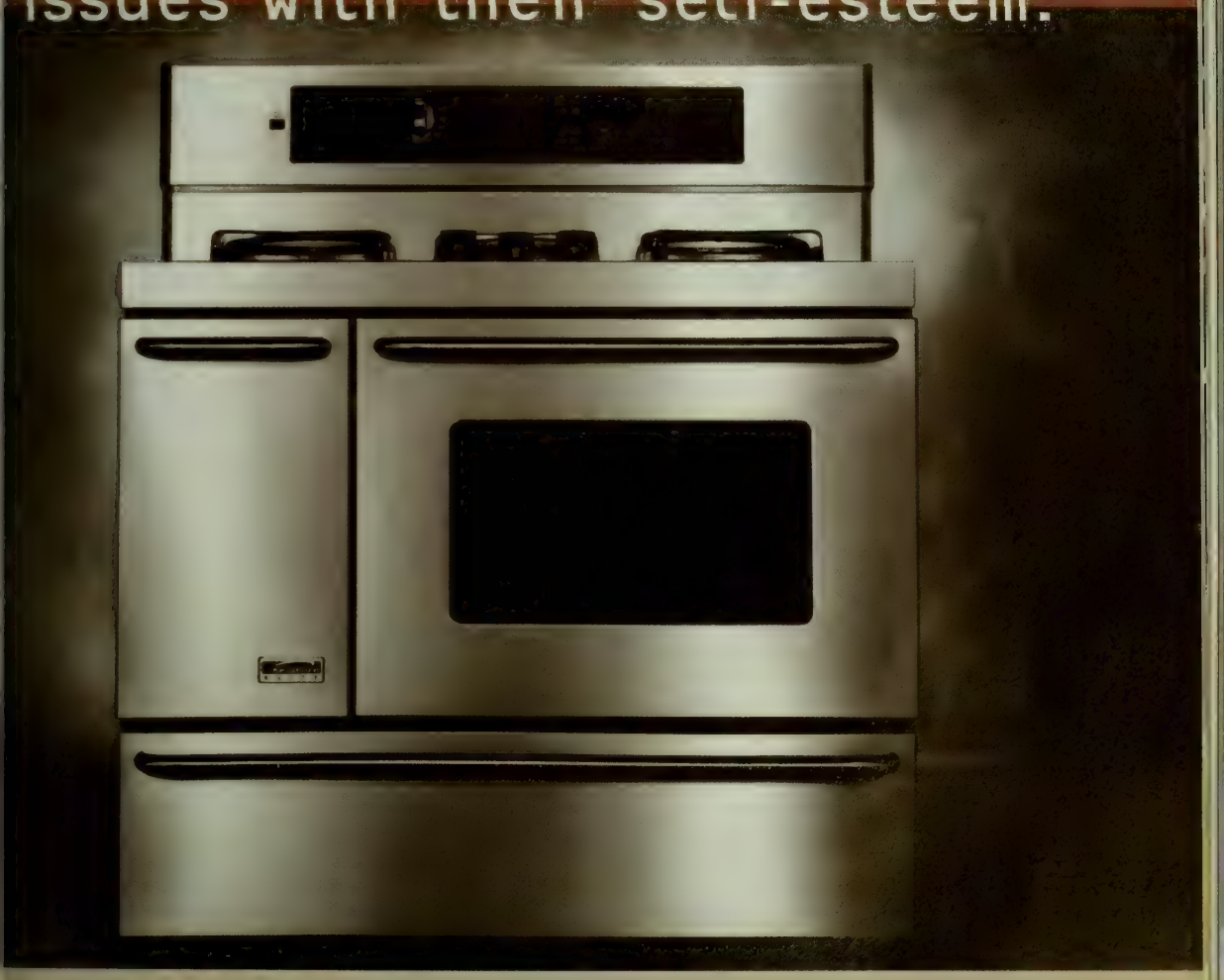
No room cries out for convenient storage more than the kitchen. But the room's jumble of cupboards and appliances often creates inaccessible spaces that make retrieving a mixer like trying to extract a spare tire from a fully loaded car trunk.

Ingenuity to the rescue: Built into this cleverly designed baking center is storage that comes to you. Tug the door, and shelves slide out with it (*above*), making items in the back as reachable as those just inside the door. In the adjacent cabinet, glide-out shelves (*right*) provide pantry storage. And because you have a bird's-eye view of the contents, the vanilla extract has no place to hide. The toaster and coffeemaker do, though. They're tucked into a corner appliance garage that's equipped with an electric outlet.

continued on page 42



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Built-Ins Around the House

continued from page 40



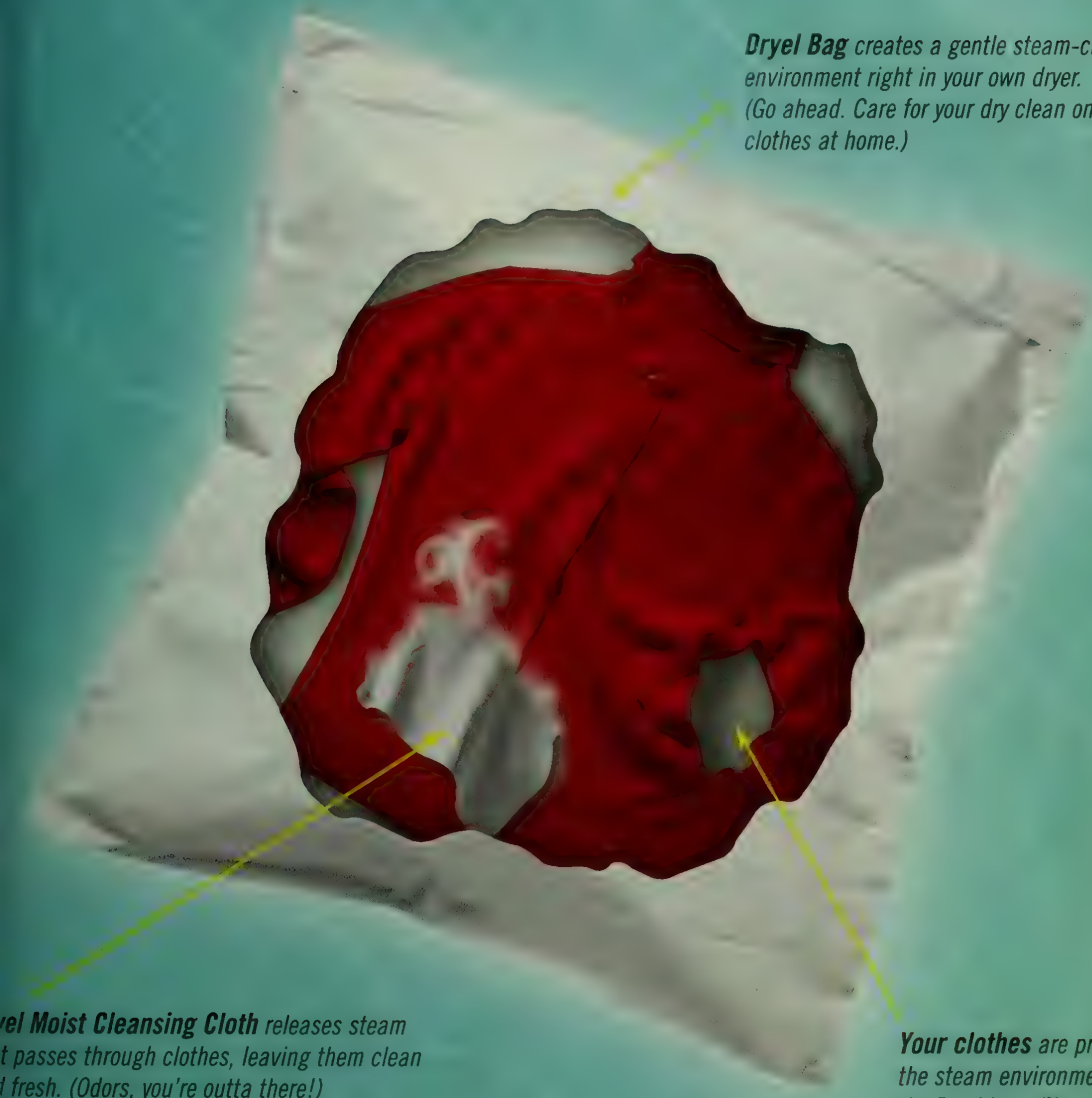
dining room

Nooks aren't just for storage. This recess in dining room wall—furnished with a comfy cushion and colorful throw pillows—serves as a cozy spot to sit and read (*below*). Built-in shelves (*left*) create a niche-within-a-niche feel and hold a lamp and a tempting collection of books. Beneath the bench, two deep cubbyholes work well for all-purpose storage. They're lined with tough, easy-to-clean stainless steel, making them ideal for storing wood for a nearby fireplace. Come summer, slide-in baskets hold magazines, newspapers, and books. Yet for all this versatility and elegance, this nook—made of inexpensive, paint-grade lumber, plywood, and drywall—costs far less to build than equivalent freestanding furniture would have.

continued on page 4

Sometimes built-ins let you add architecture for less than the price of furniture. This dining room reading nook is a case in point. Conventional framing techniques and inexpensive materials produced this space, which combines seating, storage, display, and an architectural focal point in one neat package.

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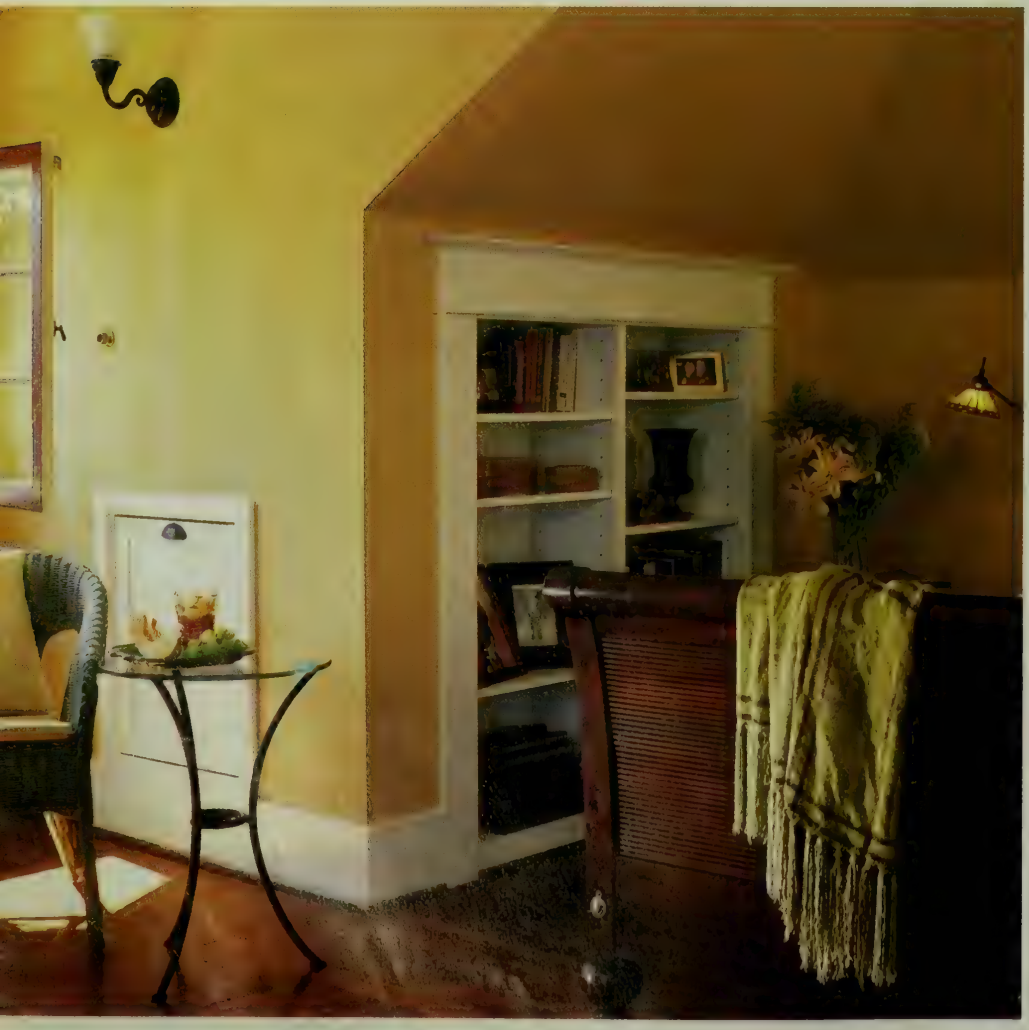
Built-Ins Around the House

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bedroom | A master bedroom on the second floor of a Craftsman bungalow needed more storage than the house originally provided. Luckily there was plenty of under-the-eaves space to mine. A recent remodeling added deep shelves, trimmed with the same flat and wide woodwork seen in the rest of the house. Given the Craftsman style's penchant for built-ins, these new features look like they are original to the house. And they serve practical and decorative purposes by making a home for photographs, books, and collectibles that add interest and visually enlarge the intimate room. Around the corner, a 3-foot-deep bin glides out of the wall on tracks. Essentially a large blanket chest, it stores out-of-season linens until they are needed.

Buying information, page 125



Though the ter "built-in" connotes modern interio to some, the concept is as o as architecture Properly executed, thes architectural features can enhance the period feel of a old house whil adding the storage space such homes frequently lack The shelves an linen bin adde to this older home are a cas in point.


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by Joseph Boehm and Sarah Egge

better by design

Trends Report 2002 It's a tough job—and fortunately we get to do it. Twice a year at the International Home Furnishings Market, we are among the first to see straight-from-the-mills furniture with their gleaming woods, touchable fabrics, and colors that treat the eye. Now, it's your turn...



continued on page Z4

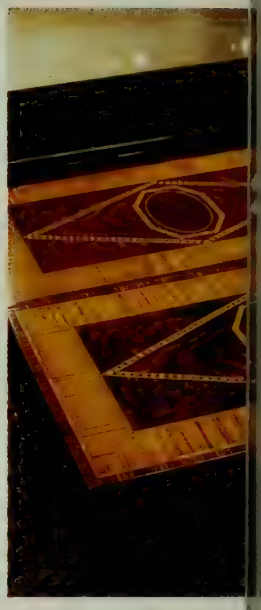
This intricately carved armchair illustrates some of the color and design trends we saw at the fall 2001 furniture market.


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 continued from page Z2







sturdy, honest woods

At this market, wood showed its true nature. Instead of being hidden under painted finishes or padding and upholstery, wood took the spotlight in cabinets and tables. Sofas even flexed buff wood arms. Furniture makers touted alder wood, ash, and mahogany, as well as the classic choices of pine and oak. But lest you think wood is playing its same old tune, think again. **Marquetry or parquetry,** where wood veneers are cut into intricate inlaid designs, elevate a round side table (*above, center*) to stand-alone focal-point status. Some **furniture proudly displayed its designs,** while other pieces kept theirs shyly hidden beneath folded leaves (*above, right*). With our fingertips, we traced the bumpy trail of a **carved, crinkled ribbon arching** over a headboard (*left, bottom*). The woods are not only a sensual pleasure, but emotionally enticing as well—**a sheltering daybed** with solid ½-inch-thick sides (*left, top*) is reassuring.

continued on page Z6





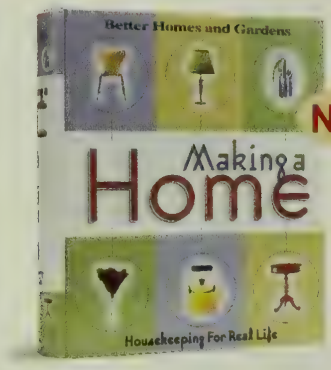
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buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information contact the manufacturers listed below.

Page Z2: pink-and-green chair, no. 6465—Baker Furniture; 800/592-2537; www.bakerfurniture.com. **Page Z4: daybed,** 22-985—Century Furniture, P.O. Box 608, Hickory, NC 28603; 800/852-5555; www.centuryfurniture.com. **Round side table,** "Millennium Mosaic" from the Casa collection—Century Furniture; address above. **Cocktail table with marquetry top,** from the Neoclassique collection—Henredon, P.O. Box 70 Morganton, NC 28680; 800/444-3682; www.henredon.com. **Laurel leather panel bed,** from the Lillian August collection—Drexel Heritage Furnishings, 101 North Main St., Drexel, NC 28619; 800/916-1986; www.drexelheritage.com.
Page Z6: armchair, no. 504-960 from the Villa Santina Collection—Drexel Heritage Furnishings, 101 North Main St., Drexel, NC 28619; 800/916-1986; www.drexelheritage.com. **Striped Presley chair,** in Jamin'-Orchid fabric—Mitchell Gold; for more information call 800/789-5400; www.mitchellgold.com.
Page Z8: Toile settees, no. 1622-1, fabric no. 8891-96—Pearson, P.O. Box 2838, High Point, NC 27261; 336/882-8135; Internet site: www.pearsoncompany.com. **Striped wing chair,** from the American Portfolio Collection—Hickory Chair; 800/349-4579; www.hickorychair.com. **Slipper chair,** no. 651-25-1, from Milling Road by Baker; 800/592-2537; www.millingroad.com. **Red, white, and blue winged settee,** from the American Portfolio Collection—Hickory Chair; 800/349-4579; www.hickorychair.com.

better by design continued from page Z4

happy color & pattern

We couldn't keep our eyes—or our hands—off the upholstery newcomers this fall. We caressed smooth, supple hides on everything from sofas and club chairs to ottomans and dining chairs (*right*). One furniture designer described her leather furniture as having **"edited opulence,"** and we agree. She meant that while leather coverings were generally tony and upscale, they were kept in check by **neutral stains** and a lack of special finishes. Bright pastel hues we took to calling "conservatory colors" caught our attention, especially in **stripes as happy as hair ribbons** (*far right, top*). For the nostalgic, a number of floral chintzes and linens had an **aged quality** straight out of Grandma's front room. Paired with chenille on a slipper chair (*far right, bottom*), the **romantic** threads became sophisticated. In fact, mixing two or more fabrics on one piece of furniture was popular. We saw it in nearly every showroom.







continued on page

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new looks for old designs

"Everything old is new again." T phrase appeared on one furnitu maker's advertisement for its colle tion of antiques-inspired pieces—b was echoed in many showrooms th market. **Historic designs,** such as Georgian settee with sharply angl wings, were reinterpreted in entire modern ways in **hip stripes** (*abo* as a side chair) and **bold florals** (*le bottom*). And proving that gre design is inherently flexible, a p of traditional **winged settees** (*le top*) were given **new purpose** breakfast-table seating. Even th **timeless toile upholstery loo fresh** in today's brown-and-crea coloration. A settee, by the w was included in almost all ne collections. Its apparent comeba excites those who think seating t two is underappreciated in toda overscaled world.

Buying information, page
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Your rights may be affected by the proposed settlement of a class action lawsuit entitled *Debbie Read et al. v. James Hardie Building Products, Inc.*, No. 00-2-17945-6SEA (King County, Washington Superior Court). The lawsuit concerns roof shakes ("JHBP Roof Shakes") manufactured and sold by James Hardie Building Products, Inc. ("JHBP") under brand names such as "HardiShake" and "HardiSlate", among others. This Notice is a summary. You may call **1-888-780-8579** or visit the website at **www.hardieroofingclaims.com** to obtain a Long Form Notice with more information and details about the proposed settlement.

The Court has preliminarily approved a proposed settlement of this class action lawsuit. Under the settlement, eligible Class Members can file a claim to receive monetary compensation for roof replacement if their JHBP Roof Shakes are damaged in accordance with the terms of the settlement agreement. If you have or had a building in the United States with JHBP Roof Shakes, you may be a class member and your rights may be affected by this settlement.

A hearing will be held by the Court at 8:30 a.m. on February 14, 2002, to determine whether the settlement is fair, reasonable, and adequate and to consider class counsel's application for an award of attorney's fees and costs to be paid by JHBP.

If you do not want your claim asserted in the case, you may opt out of the class. Unless you opt out, you will be bound by the settlement. If you wish to opt out, request the Long Form Notice, which contains instructions. Opt out requests must be postmarked by January 22, 2002.

If you are a class member and you repair or replace your roof shakes before they are inspected under the Claims Program and your claim is processed, you may be ineligible to recover under the settlement. Please request additional information before you do anything to repair or replace your roof shakes.

If you have any questions, please call **1-888-780-8579**.

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Energy-Saving Strategies

Expensive home improvemen such as beefed-up insulation and n windows, can save you a bundle utility bills, but many other energ wise measures may cost you lit or nothing. Here's a sampling strategies to consider.

- **Do touch that dial.** Get in the hab of adjusting thermostats to a mo economical setting when you go bed or leave for work. Better y invest in a timed-setback thermos that will remember to reset t temperature no matter how hec your schedule.
- **Clean or replace filters.** Clogg filters greatly reduce the efficiency furnaces, air conditioners, and h pumps; they also can cause equi ment to break down prematurely.
- **Winterize room air conditione** Remove a unit's decorative front, a block of foam insulation to snug fit into the cool air outlet, and st the foam in place. Outside, instal cover. It's available for purchase most home centers.
- **Turn your water heater down "warm" (120° F).** This temperatu is actually plenty warm, but sav energy and prevents scalding. If yo water heater is located in unheated space, bundle it up with insulating jacket.
- **Switch on the energy-savi settings on your appliances.** M newer refrigerators, dishwashe washing machines, and dryers let y reduce the energy they consume.
- **Replace inefficient appliances.** may be dollars ahead if you repla an old appliance—especially a refr erator—with a top-efficiency mo
- **Replace incandescent lightbu with compact fluorescents.** Th use about 75 percent less electri than incandescents and still hav warm glow. The best targets: 60-w to 100-watt bulbs that are u several hours a day.





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Transferware

In the mid-18th century, middle-class consumers in England were unhappy with the cost of dinnerware, which was hand-painted with elaborate designs. They clamored for a decorative, lower price alternative. In 1756, two gents in Liverpool developed an inexpensive process that "transferred" single-color ink designs to pottery. The early process involved etching a design replicated from a travel book onto a copper plate. The plate was inked, and the design transferred to tissue. The inked tissue was then laid on the once-fired pottery item, and the pottery was glazed and fired again.

Transferware was originally produced to mimic Oriental porcelain, which explains the use of blue ink on white pottery. Later technology allowed for ink shades of red, green, sepia, black, and mulberry. A trademark act of 1842 made it illegal to replicate book images, so designs thereafter were romantic, imagined scenes, such as rural life or women in gardens.

Origins
Transferware is also referred to
Staffordshire china, after a region
England known for its pottery indust

Authenticity
To determine if a piece of transferwa
you find at a flea market is worth
price, you have to know a bit about
manufacturing date. Here's what y
can tell from the underside markin
(*below*): From 1842 to 1883, Engli
pieces were given a diamond-sha
mark. In 1883, serial numbers we
added. A number greater than 360,0
indicates a 20th-century piece. Beg
ning in 1891, the name of the country
origin was added. The word "ove
proof" was added in the 1930s.

Value
Pieces dating to the 19th century a
earlier command an "antique" price
from $45 to $150 per small piece to $2
to $2,000 for serving pieces. Anythi
newer is more affordable and easier
find. If the piece has been repaire
however subtly, that should be factor
in to the price.

Availability
If you like the look of transferware a
aren't interested in collectible val
some companies, such as Spode, a
still producing old patterns or releas
new ones.



day's purple pill is NEXIUM.
om the makers of Prilosec® (omeprazole).



Relieve the heartburn.
Heal the damage.

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

FREE Trial Offer
1-800-952-6464
purplepill.com

Please read the important Product Information about NEXIUM on the following page and discuss it with your doctor.

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AstraZeneca

Nexium.
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*
20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system: ***Body as a Whole:*** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; ***Cardiovascular:*** flushing, hypertension, tachycardia; ***Endocrine:*** goiter; ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; ***Hearing:*** earache, tinnitus; ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis; ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis), was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-**ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

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Prilosec® *(omeprazole)*
20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND** *Erosive Esophagitis:* PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** Omeprazole PRILOSEC Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation **TIONS** Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information Patients:** PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed should be swallowed whole. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome (eg, cyclosporine, disulfiram, and benzodiazepines). Patients should be monitored to determine if it is necessary to ad of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion, therefore, it possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of thei (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with tion of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinog in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the hum on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manne and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omep carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of bot of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dos then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidenc related ECL cell hyperplasia was observed at the end of one year (94% treated vs 10% controls). By the second yea between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated gro primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or fem for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving o is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor o the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimuri in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mous study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and ductive performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times th was not toxic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Ter conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in preg doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratoge omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times th produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-relat toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with ome 138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled stud women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women wh omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in de gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse react infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity sion should be made whether to discontinue nursing or to discontinue the drug, taking into account the importanc the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric U** differences in safety and efficacy were observed between the elderly and younger individuals, and other reported cli has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences consi tigators as possibly, probably or definitely related to the drug:

	Omeprazole (n=465)	Placebo (n=64)	Ranitidin
Headache	6.9 (2.4)	6.3	7.7
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6
Vomiting	1.5 (0.4)	4.7	1.5
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *site unspecified:* Abdominal Pain 5.2% and 3.3%; Asthenia 1.3% and 0.8%. *Digestive System:* Constipation 1.5 3.7 and 2.5; Flatulence 2.7 and 5.8; Nausea 4.0 and 6.7; Vomiting 3.2 and 10.0; Acid regurgitation 1.9 a *System/Psychiatric:* Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subj and/or international trials, or occurring since the drug was marketed, are shown below within each body system. In the relationship to PRILOSEC was unclear. *Body As a Whole:* Allergic reactions, including, rarely, anaphylaxis (see fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, pal blood pressure, peripheral edema. *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fe esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fun have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gast noids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is belie festation of the underlying condition, which is known to be associated with such tumors. *Hepatic:* Mild and, rarely, of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase, and bilirubin (ja instances, overt liver disease has occurred, including hepatocellular, cholestatic, or mixed hepatitis, liver necro hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional:* Hyponatremia, hypoglycem *Musculoskeletal:* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psyc including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence abnormalities: vertigo; paresthesia, hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrom multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation, urticaria, angio alopecia, dry skin, hyperhidrosis. *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (s rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, suria, testicular pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), th neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported.

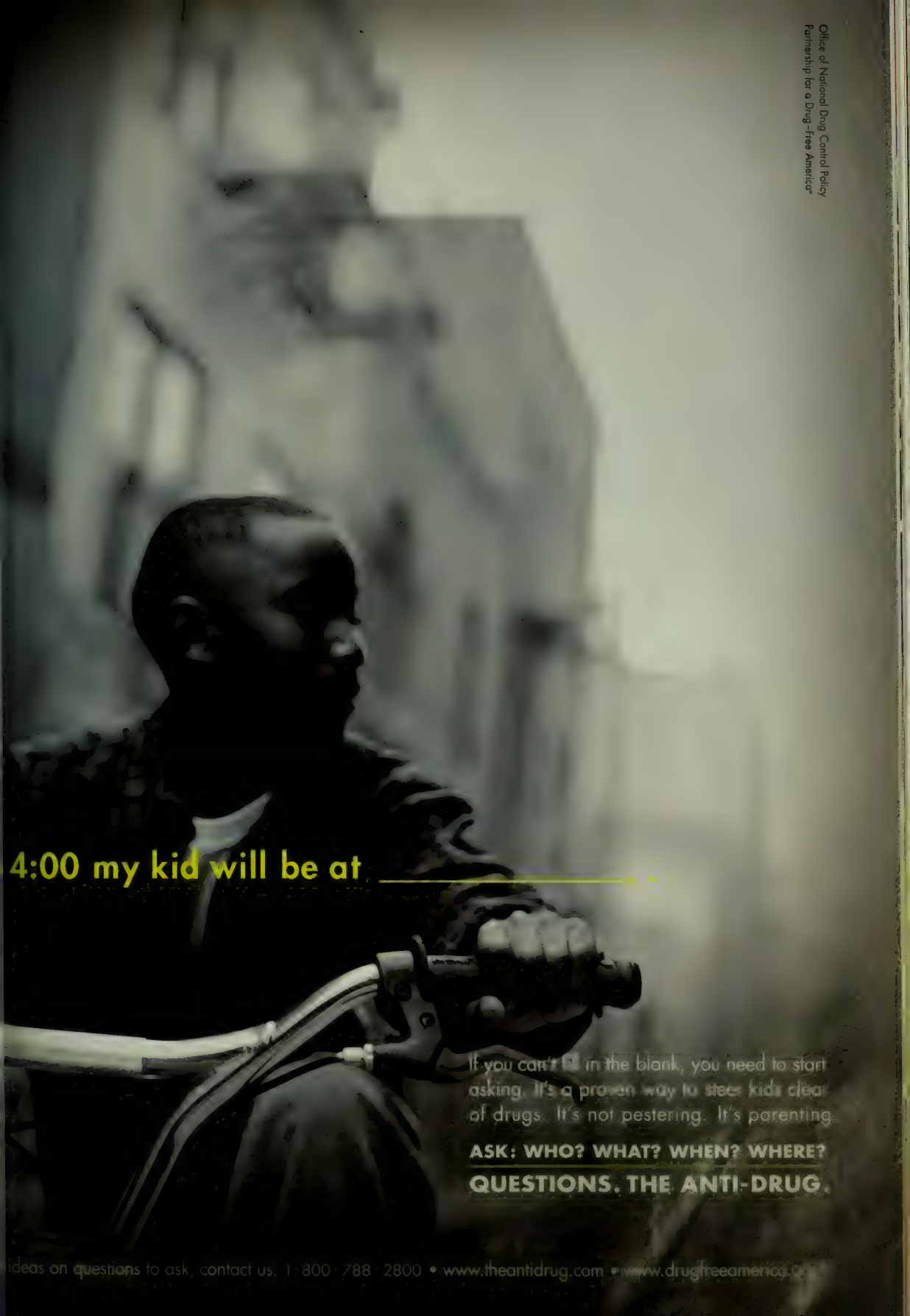
OVERDOSAGE Rare reports have been received of overdosage with omeprazole. Doses ranged from 32 (16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusion, dro vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms were transient, and n outcome has been reported. No specific antidote for omeprazole overdosage is known. Omeprazole is extensively p is, therefore, not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

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AstraZene

NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it w


Office of National Drug Control Policy
Partnership for a Drug-Free America
4:00 my kid will be at
If you can't fill in the blank, you need to start asking. It's a proven way to steer kids clear of drugs. It's not pestering. It's parenting.
ASK: WHO? WHAT? WHEN? WHERE?
QUESTIONS. THE ANTI-DRUG.
ideas on questions to ask, contact us. 1-800-788-2800 • www.theantidrug.com • www.drugfreeamerica.org



Get Ready for Standardized Tests

Wise preparation for standardized tests means studying and doing your homework throughout the whole year.

Select the answer that best completes the following statement: Standardized tests ... (a) Have been used by educators for generations (b) Are a controversial topic in schools today (c) Sometimes cause much anxiety in students and teachers (d) All of the above.

If you answered (d), you are correct. But how you can most effectively support your test-taking student?

Putting tests in perspective

Parents should not take an active role in "preparing" students for standardized tests unless high test anxiety is a problem for their student, says Darcy Ann Olsen, Director of Education and Child Policy at Cato Institute in Washington, D.C. But most parents may want to call the school prior to the test. "Find out where the student will sit, or anything that will help the student understand the setting ahead of time," she says.

Olsen also suggests that parents explore the Web sites of private educational services, such as Kaplan Inc. (www.kaplan.com) or Sylvan Learning Centers (www.educate.com), which offer tools to sharpen test-taking skills and help prepare students for the types of questions found on standardized tests. Educational services may also have take-home tests that parents can give to determine what skills students have mastered.

Another way to lessen anxiety is to encourage good study habits throughout the entire school year, according to Scott Vrana, associate professor and Director of Clinical Training in Virginia Commonwealth University's Department of Psychology. "You can't cram for these once-a-year, standardized tests."

For best results, set up an ongoing, structured study time in a quiet room with certain study hours and breaks. Vrana says parents also can help by listening to their child's worries and providing realistic appraisals about the standardized tests. "That is, the test may be important, but doing poorly on it is not the end of the world."

CATCH POOR READERS BEFORE THEY FAIL

Parents worried that their child might have a reading problem can take hope from research recently released by the National Institute of Child Health and Human Development. The study indicates that if poor readers receive effective instruction early and intensively, they can make great academic gains. The research suggests that about 85 percent of those likely to become poor readers can be identified as early as age 5 by testing the ability to rapidly name numbers, letters, and letter sounds.

Parents should look for a reading program that includes:

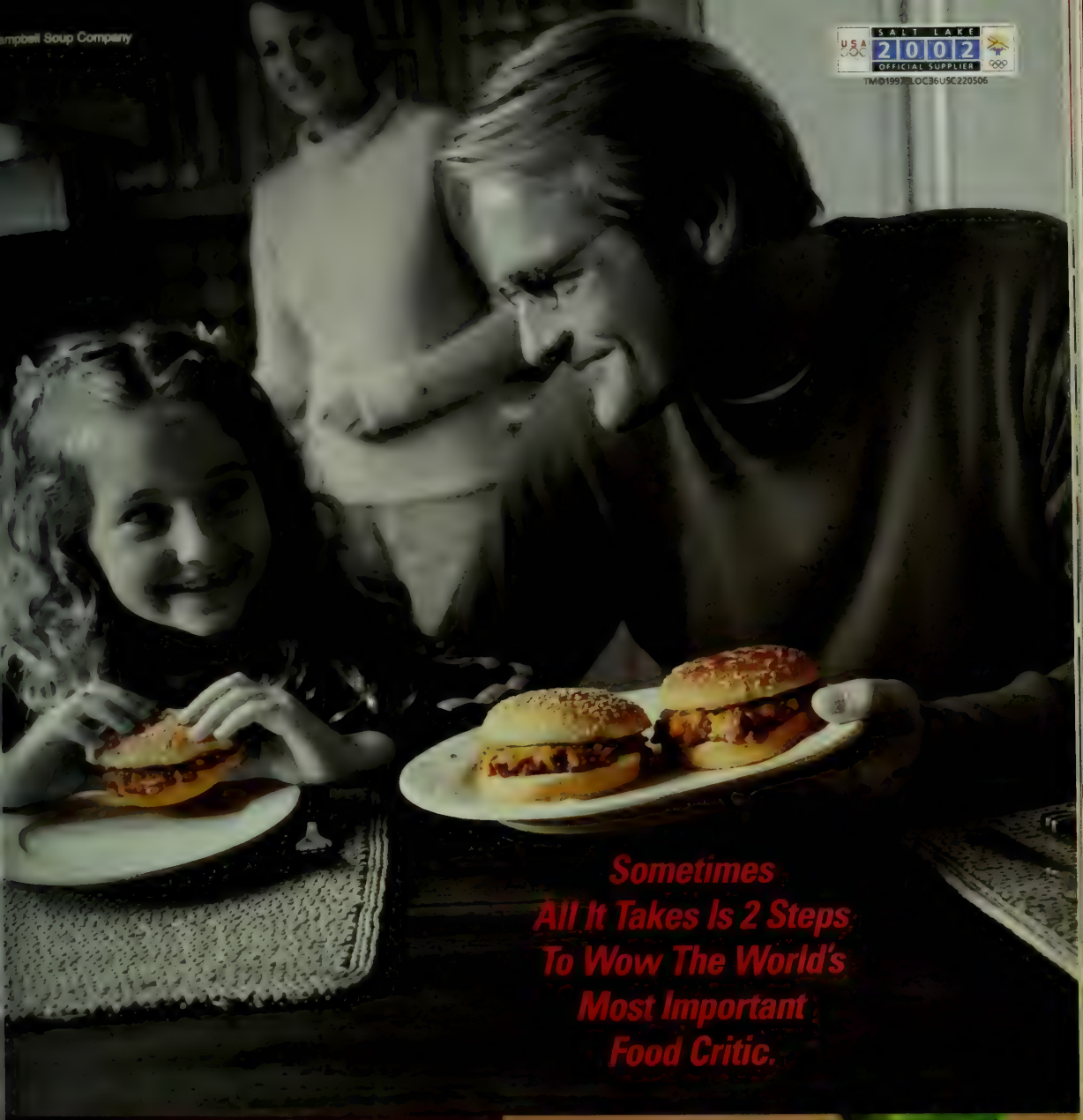
- Recognition that students must understand that words are made up of different sounds. They can then associate sounds with written words, and finally they can decode words and read groups of words.
- Students who have trouble learning to read need to be specifically taught the relationships of letters, words, and sounds.
- Each child needs a different amount of reading practice.
- Phonics instruction should be taught as part of a comprehensive, literature-based reading program.

For more information on why kids succeed or fail at reading, visit the Web site at www.nichd.nih.gov/publications/pubs/readbro.htm.

Research continues to show that phonics instruction can make a big difference in teaching poor readers to become better readers.

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Sometimes
All It Takes Is 2 Steps
To Wow The World's
Most Important
Food Critic.

Campbell's.

2-Step Beefy Taco Joes

Prep/Cook Time: 15 Min. • Makes 8 Sandwiches

1 BROWN

1 lb. Ground Beef.



2 ADD

1 can Cheddar 1/2 cup

1 cup Salsa

Soup & Salsa. Heat Through. Top With Cheese. Serve On Rolls.



M'm! M'm! Good!®

www.campbellsoup.com



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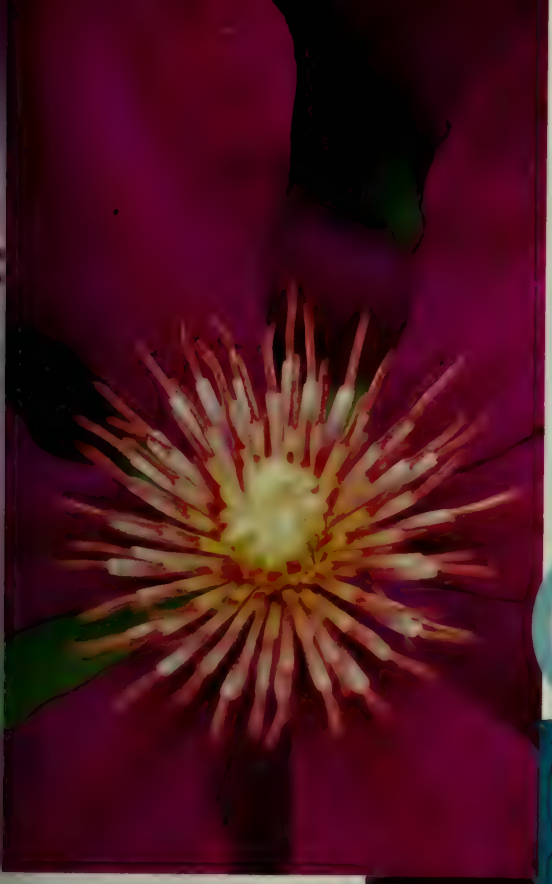
You can easily whiten your teeth anywhere, anytime with Crest Whitestrips. They're so thin and flexible you'll hardly know you're wearing them. 30 minutes twice a day is all it take They contain the same enamel-safe whitening ingredient dentists giving you noticeably whiter teeth in just two weeks. Guaranteed.

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The garden guys' yearly compendium of the brand-new and the tried-and-true.

our picks 2002

Every year the garden world gets larger. Hundreds of plants are "new this year!," "just introduced!," and "for the first time *ever!*" This confusing deluge is best viewed with a discerning eye. Even if you could grow them all, would you really want to? No. Some of the new-new-*new* are not all that different from old-old-old plants. Several aren't quite as advertised. Some underperform. And some don't perform at all. Here, however, is a look at this year's standouts and stalwarts.

by
Craig Summers Black




perennial: blue butterfly delphiniun

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If, despite your most ardent plans, your garden suffers from those disheartening lulls when nothing is blooming, you may now be reassured. Because, for all intents and purposes, the blue butterfly delphinium blooms all season long. It may not look like the classic tall (read: floppy) delphinium, but so much the better. (Hey, plant *both*.) And such an accommodating color.

But what could be more compliant than the daydream tulip, which actually changes color as the blossoms unfurl?



bulb: daydream tulip



perennial: david phlox

NAME:
david phlox

HEIGHT:
3 to 4 feet

LIGHT:
full sun

BLOOM TIME:
summer to early fall

HARDINESS:
30° below

NOTES:
The Perennial Plant Association selects this as its plant of the year, and we adore it. A phlox for folks who don't like phlox.

NAME:
daydream tulip

HEIGHT:
20 inches

LIGHT:
full sun

BLOOM TIME:
midspring

HARDINESS:
40° below

NOTES:
The flowers are ever-changing, starting off a clear yellow, opening as subtle apricot, and then becoming a gorgeous tangerine.

How, you may be wondering, do we investigate the performance of new (and old) plants in a garden setting? Simple: We grow them, so we know them. And making such testing all the easier is the fact that we can keep close watch on plant performance by taking a stroll outside the office into the horticultural wonders of the BH&G® Test Garden. Here, in our half-acre downtown garden, is where we see good plants thrive and bad ones, sadly, die. Then we can report these doings back to you.



rose: john cabo



rose: starry night

NAME:
starry night rose

HEIGHT:
about 3 feet

LIGHT:
full sun

BLOOM TIME:
all summer

HARDINESS:
20° below

NOTES:
Almost a miniature. An All-America Rose Selections winner this year.

NAME:
john cabot rose

HEIGHT:
5 to 10 feet

LIGHT:
full sun

BLOOM TIME:
early summer, repeats in fall

HARDINESS:
40° below

NOTES:
One of the very best of the very hardiest roses. And oh that color—magenta.





vine: jackmanii clematis

NAME:
jackmanii clematis

HEIGHT:
10 feet

LIGHT:
sun

BLOOM TIME:
mid- to late summer

HARDINESS:
30° below

NOTES:
This is the standard for all clematis to match. It's supremely easy to grow and it flowers like the dickens.

NAME:
chionanthus virginicus

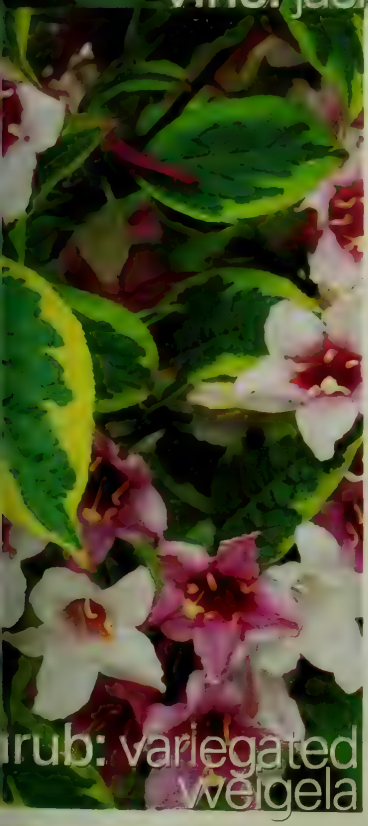
HEIGHT:
10 feet

LIGHT:
sun

BLOOM TIME:
summer

HARDINESS:
20° below

NOTES:
The wispy flowers are tiny, it's true, but they are deliciously fragrant. And the tree is a sensible size.



rub: variegated weigela

NAME:
variegated weigela

HEIGHT:
4 to 6 feet

LIGHT:
sun

BLOOM TIME:
late spring to early summer

HARDINESS:
20° below

NOTES:
A stunner, even when not in bloom. The yellow variegation often fades to white late in the season.



tree: chionanthus

Our favorite annual this year, the blue cerinthe, may be new to you or your garden center. Although it is sometimes called the blue wax flower or blue honeywort, we ask for it using the horticultural Latin to avoid confusion. (There are other less showy wax-somethings and wort-whatevers. Other cerinthes aren't as striking either.)

While the rest of our 2002 recommendations may be less trendy, savvy gardeners know that plants with power performance are always in fashion.

To purchase plants, see page 58
Buying information, page 125



annual: cerinthe
major purpurescens



annual: sparkler
blush cleome

NAME:
sparkler blush cleome

HEIGHT:
3 feet

LIGHT:
full sun

BLOOM TIME:
all summer

HARDINESS:
frost-tender

NOTES:
This, the first hybrid cleome, is shorter—daintier even—than other varieties. An All-America Selections award winner.

NAME:
cerinthe major purpurescens

HEIGHT:
18 inches

LIGHT:
sun to part shade

BLOOM TIME:
summer

HARDINESS:
half-hardy

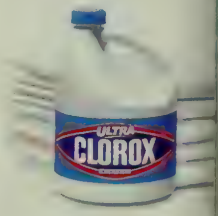
NOTES:
An exciting foliage plant of an almost indescribable blue. Steely? Bruise-like? And the diminutive flowers are exquisite.



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our picks 2002

We've done the shopping for you! Most of our garden-tested "picks" can be purchased from *Better Homes and Gardens®* magazine. You may find some items to be in short supply in nurseries this spring; others, such as the perennials, have been grown especially for our readers. We ship at the proper time for planting in your zone. *Please order early; quantities are limited and we fill orders on a first-come, first-served basis.*

perennials

Our **Blue Butterfly Delphinium Collection** (*page 52*) contains three plants. Grown especially for us by Prairie Perennials, each plant is shipped in a 2½×2½-inch plastic pot and is 3 to 6 inches tall at time of shipment. One collection costs $34.95; additional collections are $25 each. Our **David Phlox Collection** (*page 53*) also contains three plants and was grown for us by Prairie Perennials. Plants are shipped in 2½×2½-inch plastic pots and are 4 to 8 inches tall at time of shipment. One collection costs $44.95; additional collections to same address are $30 each. All prices include shipping, handling, and applicable sales tax. Complete growing instructions are included in all shipments. Shipments will be made from 3/15/02 to 6/15/02. Credit card orders will be charged approximately March 1, 2002. *Sorry, no shipments to AK, HI, Canada, Mexico, or Puerto Rico.*

vine

Our **Jackmanii Clematis Collectio** (*page 55*) contains three plants. Grow especially for us by Carroll Gardens each vine will be about 4 to 6 inches ta at time of shipment. One collectio costs $56.95; additional collections ar $50 each. All prices include shipping handling, and applicable sales tax Complete growing instructions ar included in all shipments. Shipment will be made from 3/15/02 to 6/30/02 Credit card orders will be charged abou March 1, 2002. *Sorry, no shipments t AK, AZ, CA, HI, ID, NV, OR, UT, WA Canada, Mexico, or Puerto Rico.*

annuals

Grow our favorite annuals from seed assembled especially for us by Seeds the World, a Division of J.W. Jung See Company. This **2002 Seed Collectio**

To order, see page 5

tains two packets each of Cerinthe *ior purpurescens* (Blue Kiwi variety, seeds per packet) and Cleome rkler Blush Hybrid (10 seeds per ket). Each four-packet collection ts $19.95, which includes shipping, dling, and applicable sales tax.

rub

Variegated Weigela (*page 55*) is ilable to our readers by special ngement with Carroll Gardens. h will be about 12 to 18 inches tall at e of shipment. One shrub costs .95; additional shrubs are $40 each. prices include shipping, handling, applicable sales tax. Complete wing instructions are included in all pments. Shipments will be made n 3/15/02 to 6/30/02. Credit card ers will be charged approximately rch 1, 2002. *Sorry, no shipments to AZ, CA, HI, ID, NV, OR, UT, WA, ada, Mexico, or Puerto Rico.*

roses

John Cabot (*page 54*) and AARS winners **Love & Peace** and **Starry Night** (*right*) are available by arrangement with Edmunds Roses. One rose costs $21.95; additional roses are $19 each. A charge of $9.50 per order (*regardless of how many roses are ordered*) will be added for shipping, handling, and sales tax. Roses ship from 12/15/01 to 5/15/02. *Sorry, no shipments to AK, HI, Canada, Mexico, or Puerto Rico.*



tree

The **Chionanthus Virginicus** (*page 55*) is available to our readers by special arrangement with Carroll Gardens. Each will be about 8 to 10 inches tall at time of shipment with a trunk diameter of ¼ inch or greater. One tree costs $49.95; additional trees are $45 each. All prices include shipping, handling, and tax. Complete growing instructions are included in all shipments. Shipments will be made from 3/15/02 to 6/30/02. Credit card orders will be charged about March 1, 2002. *Sorry, no shipments to AK, AZ, CA, HI, ID, NV, OR, UT, WA, Canada, Mexico, or Puerto Rico.*

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"For better or worse, stuff is my life."

There are days when I think, "If I see one more dinner plate, I'll scream." As a stylist and art director, my job is to shop for and prop photo shoots for magazines. I deal with lots of color and chaos by day, so at home I like simplicity and clean lines. To me, less is more serene. I'm not talking about an absence of creature comforts, but just enough. Plus, my Los Angeles home is so small that even one extra thing seems like clutter. Here's how I draw the line.

By Robin Tucker
Photographs by Michael Garland

a simple style

"Mix old pieces with new for fun. It'll be easier if you choose clean lines."





I don't mean to sound as if I live in a monastic cell. I don't. My 1929 bungalow is 1,100 square feet. If I had to describe my decorating, I'd call it "elegant cottage." I like a mix of formal and casual, antique and contemporary. The walls are white, giving plenty of contrast to the dark oak floors. Quiet walls keep the focus on windows and sunlight that spotlights the furniture. Plus, if you've ever been through an earthquake, you're a bit leery about the possibility of something falling on your head.

My small dining space opens up to the living room and is a kind of pass-through to the kitchen. Even though it's not walled off from the living room, I like the implied formality of having a separate space for sit-down dinners. One of my prizes is my dining table, which had a hideous red and black mahogany finish when I found it at an antiques store. I had it crackle-finished in tones of cream, beige, and sand, and it never fails to draw compliments.

At the table, I paired up old oak arm and side chairs wit contemporary wicker Parsons chairs that have fabulou curved backs. They work together because the lines ar so simple. A small antique ash chest holds my ol embroidered linens—a definite collecting weakness. A tri of contemporary Oriental pots and a piece of painte ceiling tin are inexpensive art pieces. I love the texture.

One of the best features of the house is a small sunroo off the dining room. It must have been an open porch whe the house was built, then was enclosed and given a beame ceiling at some point in its history. I painted the red til floor taupe, and topped it with a sisal area rug. A pin console holds my collection of white bowls and potter I pull the Parsons chairs over to enjoy the afternoon ligh while reading or sharing wine with a friend.





"Don't think small in a small house. Use fewer, bigger items."





You'd never know it by looking, but this is my idea of lots of color! A few years ago everything was totally monochromatic, but I've gotten a little bolder. Still, I've kept the palette neutral—taupes, creams, whites—and added off-neutrals for color—sage, rose, blue gray, olive. These shades are pulled from an Aubusson-style rug.

In the living room, a large multipaned window swagged in natural linen takes center stage. To give it more focus, I had my brother John build white bookcases to frame the window on either side. A simple taupe linen-covered sofa (it's a sofa-sleeper, a must for any small house) anchors that side of the room, paired with an inexpensive, indestructible pine coffee table. Since this really *is* a living room, where I lounge as well as entertain, durable fabrics and furnishings are a must.

There are several different styles of chairs: a floral, slipcovered Parsons chair; a whitewashed armchair with a country-checked cover; and a big, comfortable armchair. The chairs have a way of moving around the house when I want to change the look. The oversized armchair and ottoman create my favorite perch. They're upholstered in a washed damask I fell in love with. I relax here all the time with my feet over the chair's arm, stretching my brain on a crossword puzzle. Next to the chair, a tall skinny armoire hides the electronics when I don't want to look at them. Its height balances the bookcases on the other side of the room.


B CALIFORNIA
AGUA
PURA



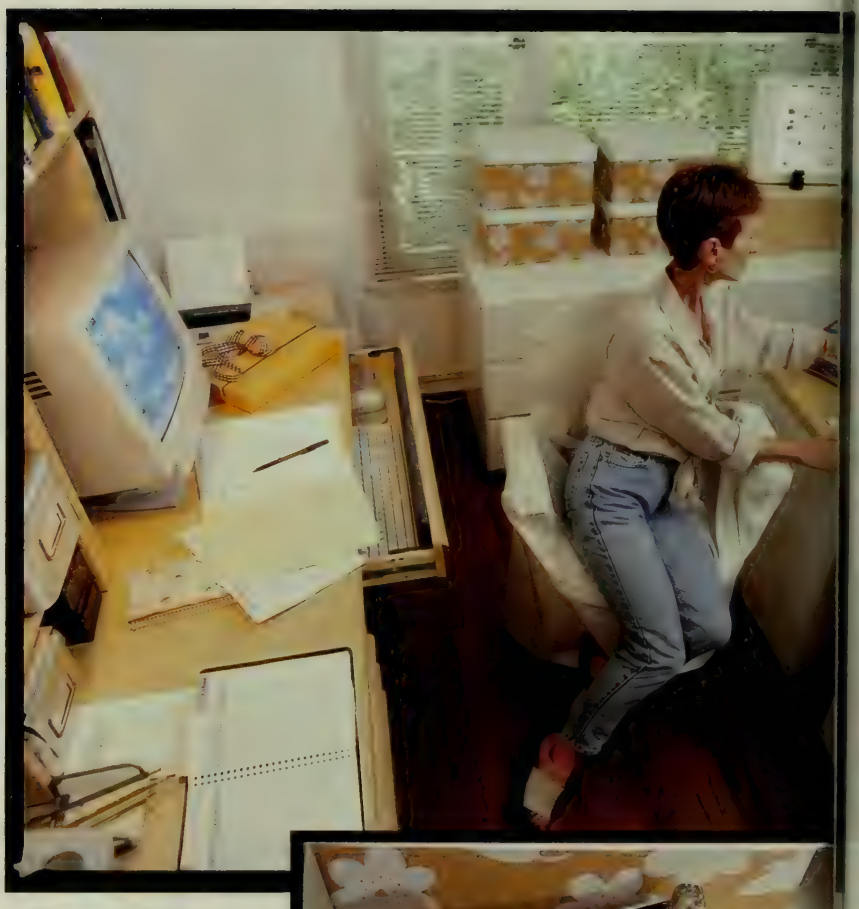


avish on white, then add punch with wood tones and other subtle colors from nature."

his year, I remodeled the kitchen, a project that was ; overdue. I love to cook and entertain—my annual demy Awards party is legendary (well, at least with a ll circle). All I really wanted was a dishwasher, but use the countertops weren't deep enough to install one thing led to another. Space considerations meant e was no way to enlarge the room. Typical of its era, house had a service porch with a small broom closet water heater. That's where the refrigerator lived too. n I hired some geniuses—a kitchen designer, ractor, and cabinetmaker—who made the space work better than I dreamed. My kitchen designer showed me how simply moving the doorway to the porch would make space for the fridge. Now the porch has room for laundry and more storage than I know what to do with. Keeping the sink and stove in the same place minimized costs.

The cabinets are Shaker style, painted white. One section was designed to look like a freestanding hutch with glass doors, a high wood top, and beadboard backing. I chose matte ceramic tile for the countertops, and taupe and white matte vinyl squares on the floor. They look great, maintain the home's integrity, and saved money.

"I do see beauty in simple things—it's my mantra. Clean shapes and a neutral color palette help my home feel light, airy, and organized."





All my talk of a clutter-free environment goes right out the window when you get to my office. Still, I try to maintain the illusion. Inexpensive boxes are filled with paperwork and files; a wall of white cabinets holds flatware, napkins, and tableware. A row of metal boxes keeps those things I need tidy and within reach.

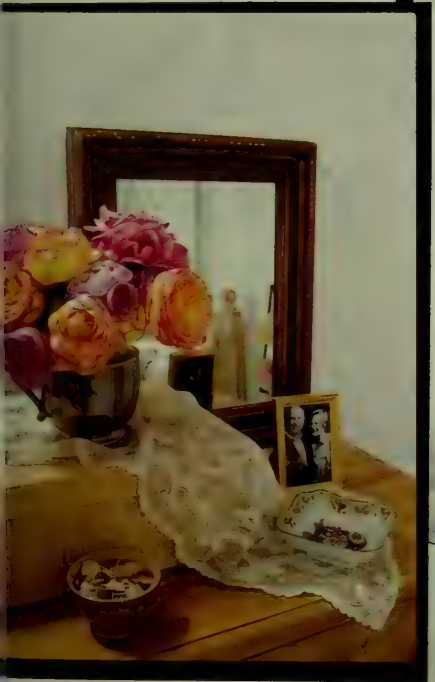




The bathroom is sort of Asian country. A bamboo-trimmed matchstick blind backed with cotton offers light and privacy. Extra storage is found in a rolling cabinet.

I wanted a large mirror to make the room look bigger, but no bulky medicine chest. Instead, two small maple boxes mounted on the wall hide cosmetics.

I joke that you can stand in the middle of the living room and see every room in the house if you spin around. It's almost true. You can peek into my bedroom, so I keep it simple as well. Organza panels at the window softly filter the California sunlight. The whitewashed headboard was custom-made, inspired by one I saw in a catalog that was too big for my room. (I say everyone needs a good carpenter—mine happens to be my brother!) I paired the headboard with mismatched pine nightstands and an old pine dresser. Iron lamps with parchment shades add symmetry.









"Ahhh, the simple life. . . good friends and good wine

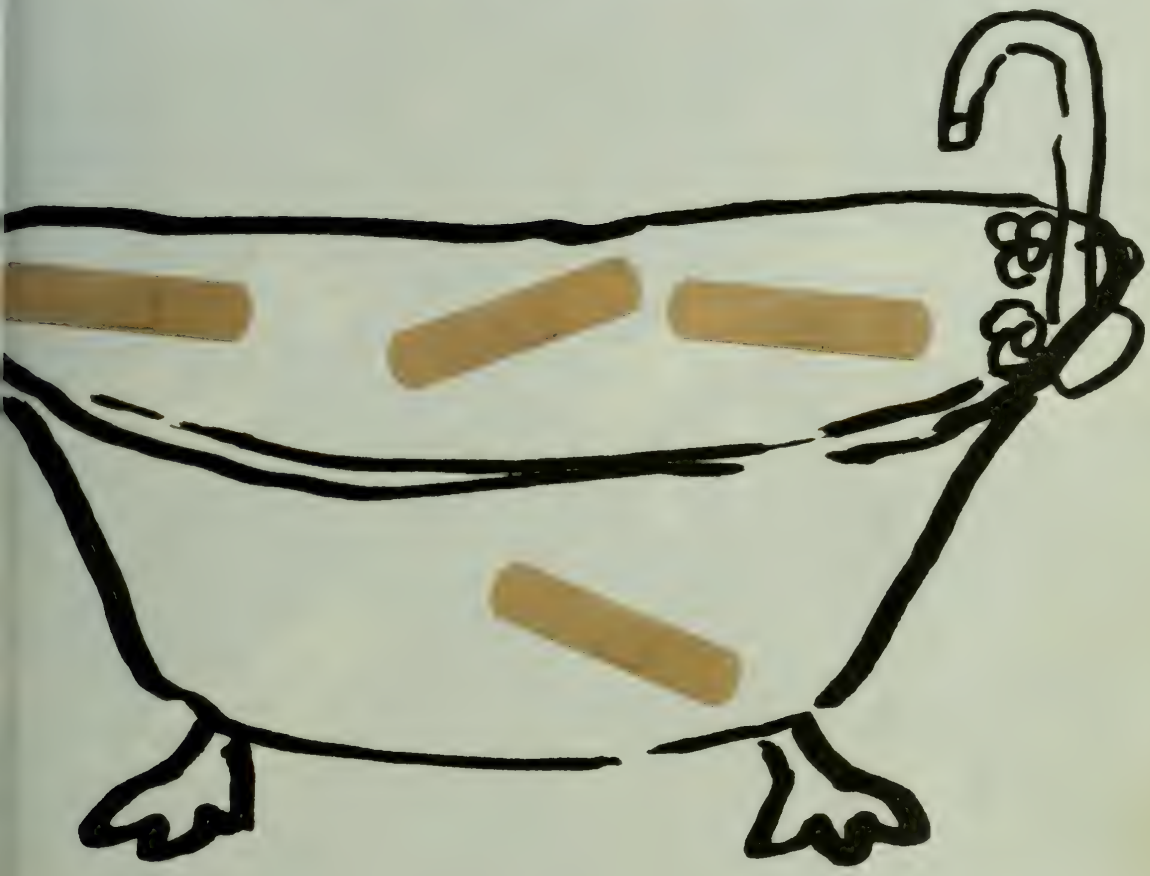
Since I live in a tiny bungalow, I'm lucky it's in California. The weather means I can create living spaces in the backyard. I added a deck in the corner of the yard, rather than off the back of the house, so I could create an arbor of greenery that won't be near my gutters. I strategically put a mirror at the back door (in my new laundry room) for last-minute checks. The hooks are handy for laundry bags, hats, and handbags. Here's another bonus of a simple style: Keeping up with everything is easier, so you have time to pursue the good life with family and friends.

Let me leave you with a few tips for keeping it simp

- Add color with pillows, accessories—things you can eas change without feeling guilty about spending mon
- Throw in a few modern pieces, such as lighting seating pieces, to give a streamlined look to your roo
- In a small house, a few large pieces add scale and dra
- Go easy on wall art, and don't limit yourself to fram works. Ceiling tins and textiles have an open fe
- Boxes, boxes, boxes. Decorative boxes are great for or nization and visual interest…I use them for everything

Buying information, page

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A good scrub.

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by Laura O'Neil

suite 'edos

:ics converted into master suites are romantic and architecturally intriguing places. Take a look.





No other room can quite match the appeal of living at the very top of a house. Sloped rooflines and dormer additions create intimate interior spaces with angles and niches. Exposed beams embrace wooden beds and outline private sitting areas. Low knee walls neatly tuck built-in closets, lavatories, and furnishings. And unless the roofline is unusually complex, finishing an attic costs roughly half as much as adding on.





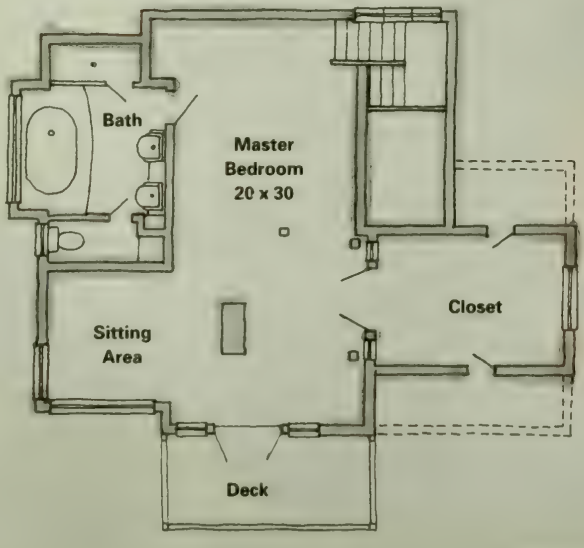
The Skornys enjoy serious soaks in their 6-foot-long tub with a mosaic tile surround (*top left*). Overhead, amber colored lights and music from speakers built into the ceiling create a relaxing atmosphere. The master bath also boasts radiant floor heating for early morning or late night bathers.

Shelving and racks (*above*) were custom fit into the sloped ceiling in the closet. The windows were coated with a UV protection film to prevent clothing from fading.

1 A Roof-Raising Retreat

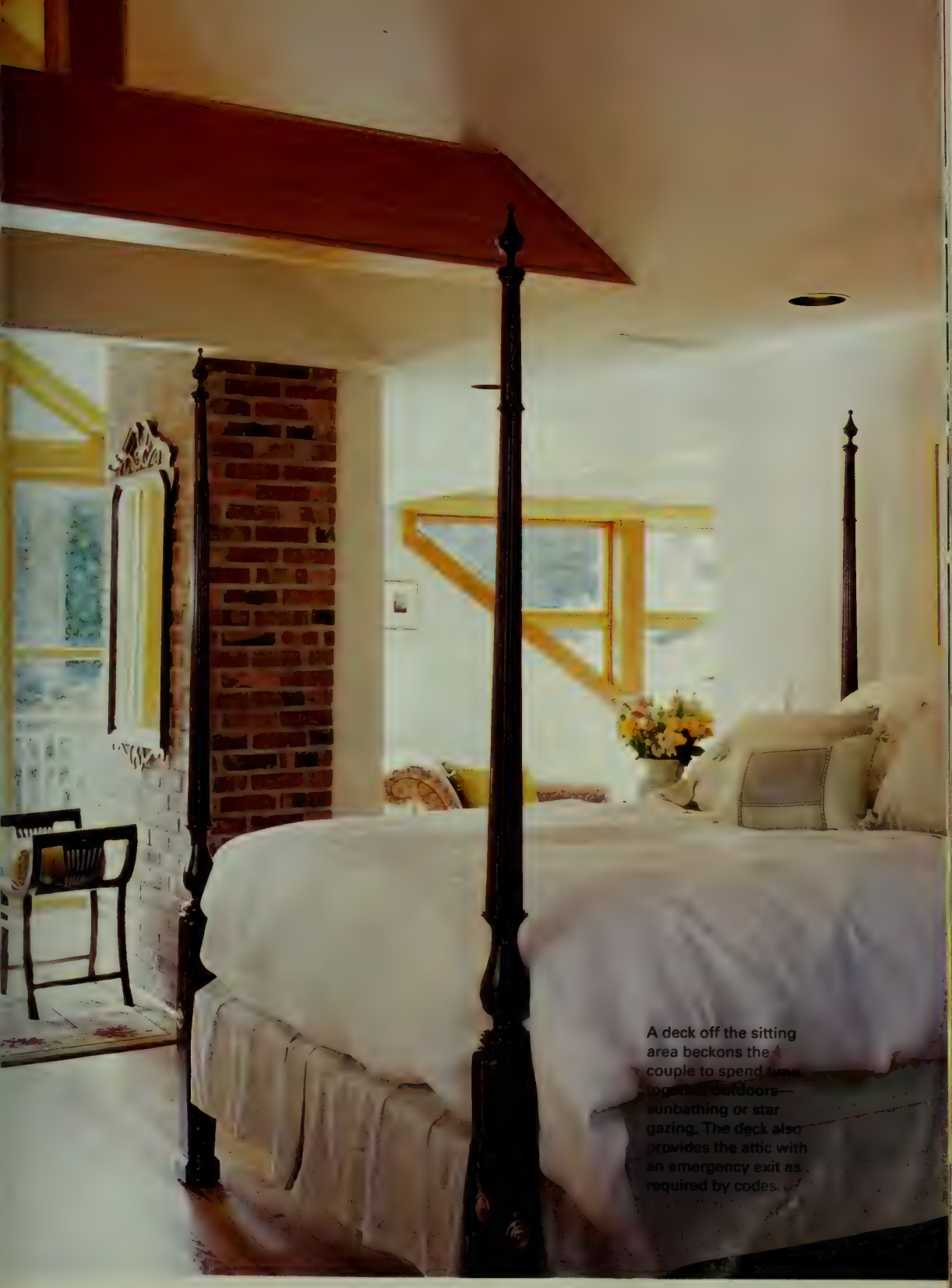
When Jennifer and Hank Skorny first saw this house in Mercer Island, Washington, it was the potential of the attic bedroom that influenced their decision to buy. "We loved the chance to turn the entire floor into a spacious master bedroom and sitting area," says Jennifer. To gain more headroom, they raised the roof and installed skylights and additional windows to dramatically increase the amount of sunshine streaming into the suite. Frosted glass panels in the bathroom and closet doors allow light to filter into the bedroom while retaining privacy.

To create a larger master bath, the Skornys annexed space from an adjoining closet and snugged the tub up to a 2-foot-deep bay window. Shallow base cabinets, instead of standard 24-inch-deep cabinets, hold double lavatories.





PHOTOGRAPHS: MIKE JENSEN ARCHITECT: PATRICIA BRENNAN ARCHITECTS REGIONAL CONTRIBUTOR: TRISH MAHARAM



A deck off the sitting area beckons the couple to spend time together outdoors—sunbathing or star gazing. The deck also provides the attic with an emergency exit as required by codes.



Even though the ceiling is high in the attic, tucking the bed into an alcove (*left*) gives it an extra cozy feeling. French doors open to a sunny balcony off the bath (*below*). The deck's secluded nature comes from being recessed into the roof.

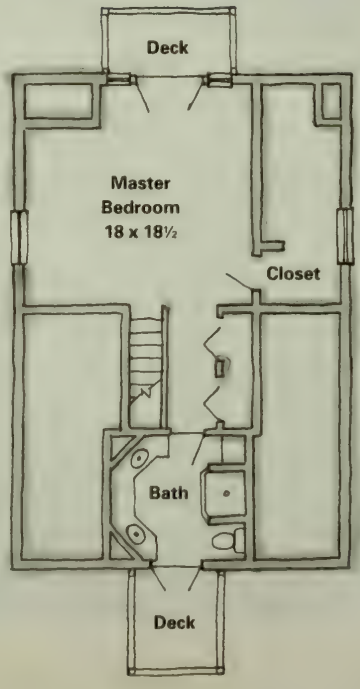


2 Dynamic Dormer Does It

The addition of a generously sized, 14-foot-wide peaked dormer was key to the attic conversion of a 1926 cottage located in Seattle's Madison Park neighborhood. Joann Hamick and her husband, Joe Quintana, transformed their unused upstairs into this spacious, light-filled master bed and bath with two decks.

Slanted wings on either side of the dormer create a set of snug alcoves. One alcove serves as a walk-in closet, while the other nestles the couple's bed. "We didn't realize what interesting ceiling angles would be created upstairs," says Joann. "We feel we're sleeping in a tree house."

Other architectural space enhancers are located in the master bath and function as efficiently as the alcoves: an extra-large recessed skylight provides headroom above the lavatories, and a small peaked dormer forms the ceiling above the shower. The dormer's awning-style vinyl window provides the glass-walled stall with natural light and ventilation.



PHOTOGRAPHS: MIKE JENSEN REMODEL DESIGN: SECHRIST DESIGN CONTRACTOR: D.J. DEVELOPMENT REGIONAL CONTRIBUTOR: TRISH MAHARAM



"We gained light and ceiling height by raising the roof," says Joe. "We have morning coffee on the east-facing deck. The balcony also provides the roof for our front porch."



Space for this cozy nursery (*right*) was found by expanding a closet with a bumped-up dormer. The change was a great fit for the style of the exterior architecture, enhancing the home's curb appeal.

3 Make Way for Baby

One of life's major changes brought about the attic expansion of the shingled cottage-style house owned by Kristen and Mike House of Mill Valley, California. The couple was having their first child.

The search to incorporate a nursery led the Houses to their rooftop master suite and its space-stretching possibilities. A front dormer window was popped up to turn a former closet into a nursery, and a rear bump-out provided an ample extension to the master bedroom. "We knew the dormer would add more character to the front of the house," says Mike. "It's actually high enough that Kristen can go into the nursery in the middle of the night and not be visible from the street." A small skylight over the crib welcomes more sunlight into the cozy corner, when desired.



Kristen and her daughter, Madison, (*left*) read together in the comfy nursery rocker.



PHOTOGRAPHS: JAMIE HADLEY. ARCHITECT: CAROLYN WALKER DAVIS, AIA. MASTER BATH REMODEL: CAROL SHAWN, DESIGNER, AND PETE SENTER, BUILDER. REGIONAL CONTRIBUTOR: CARLA BREER HOWARD

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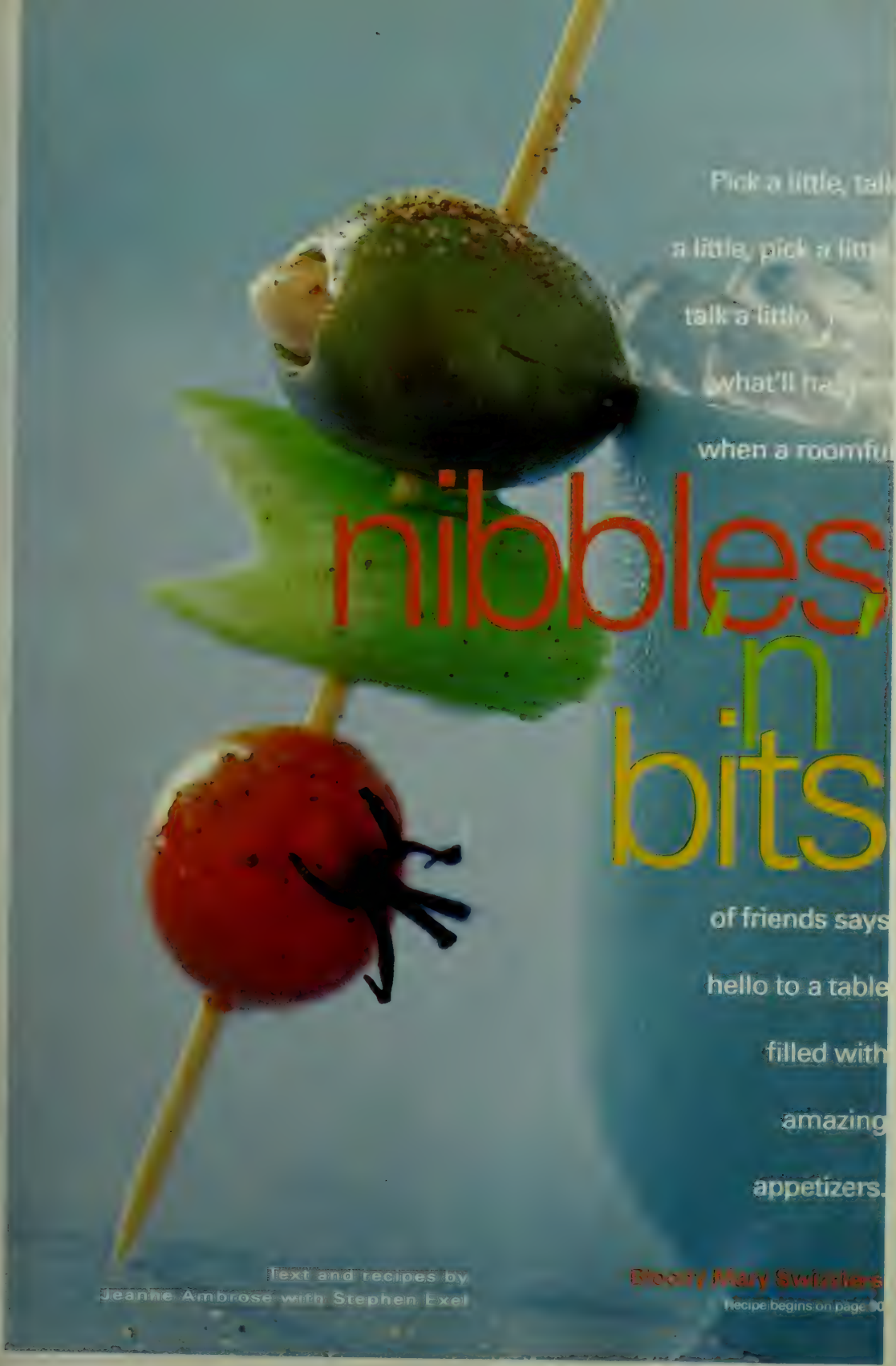


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n
bits
of friends says
hello to a table
filled with
amazing
appetizers.
Text and recipes by
Jeanne Ambrose with Stephen Exel
Bloody Mary Swizzlers
Recipe begins on page



Lemony Oven Fries

OK, everybody on the floor in front of the tube. Pull up a pile of crispy fries with frizzled lemon and munch away while the movie plays.

Thai Spinach D

Good and thick, this dip really grabs on to the nearest veggie. Your guests will want to latch ahold, too. It's full of mint and packed with peanut power.

Recipes begin on page 90


No
excuses.
Pick up the
phone,
invite the
friends,
and
party on.



Bacon 'n' Cheese Stuffed Dates

Introduce these love-at-first-bite tidbits at any gathering and you'll instantly have lots of new best friends. Everyone will want to double date.

Horseradish-Radish Sandwich

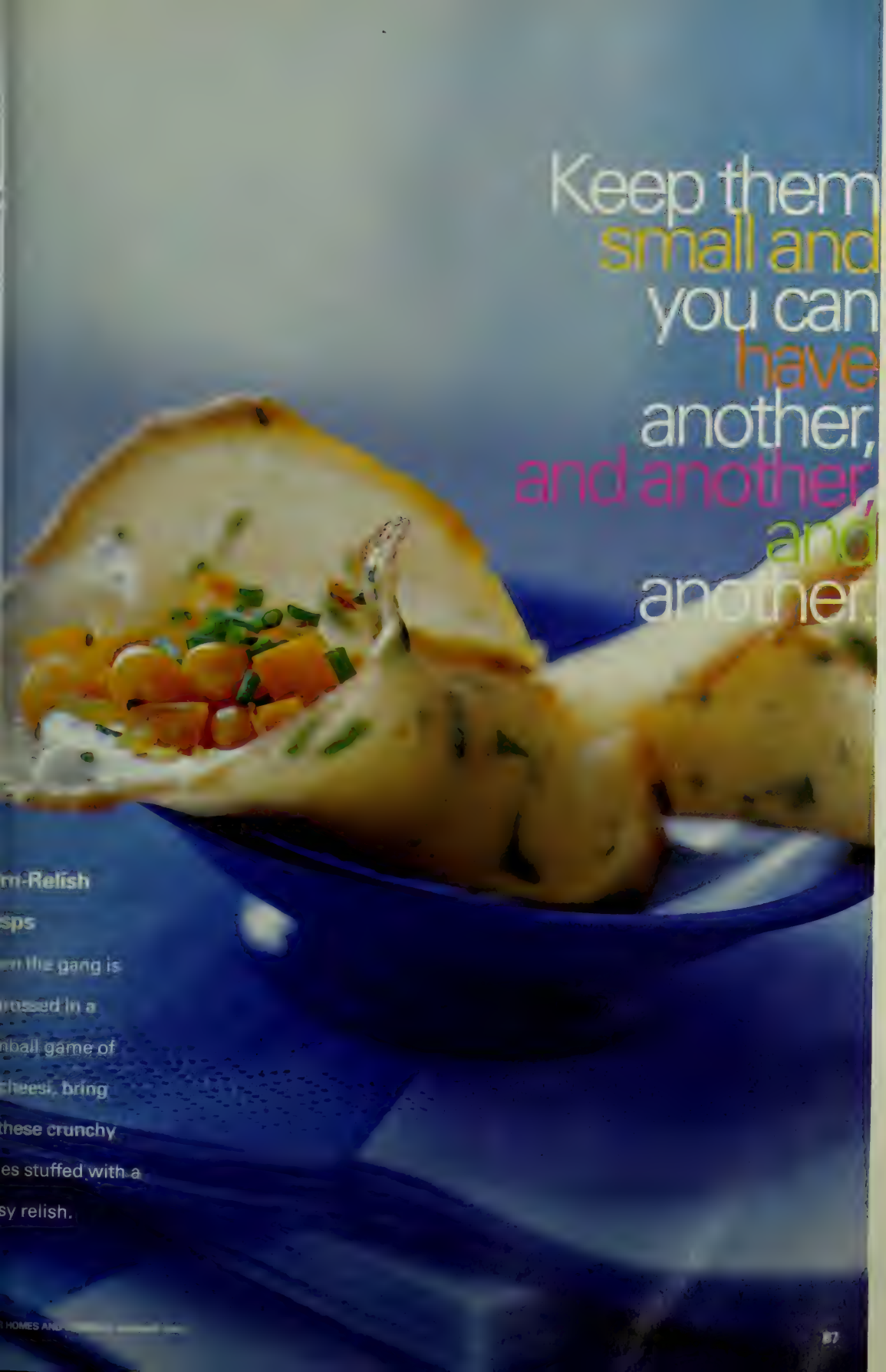
Pinkies up. Though this petite sandwich may remind you of tea-party fixings, the wallop of flavor will put you in a dance-party mood.



Caesar Salad Cracker Cups

Eat your greens. Just be sure to keep your fingers out of the way while you gobble up this mini salad, bowl and all.

Recipes begin on page 91



m-Relish
sps
n the gang is
rossed in a
nball game of
heesi, bring
these crunchy
es stuffed with a
sy relish.



Filled-Up Phyllo Logs

Roll 'em up. Move 'em out. Spread a mushroom-onion filling or a spinach-cannellini bean combo on butter-brushed phyllo. They're fit to be tied.

ot Ribeye Bites

There's a whole lot of heat in each outhful of spirited steak brushed with jalapeño pepper jelly.

Deviled Eggs vith Spicy Crab

They say deviled eggs are making a g-time comeback. no knew they ever went away? Dress them up with a goodly dose of crab and let the praises begin.





Recipes beg
Buying info
page

Call them tapas, hors d'oeuvres, or appetizers. Or call them a darn good substitute for dinner tonight.

Nibbles 'n' Bits

continued from page 89

Bloody Mary Swizzlers

Vodka-flavored veggies will remind you of the classic cocktail.

Prep: 30 minutes
Marinate: Overnight

- 24 cherry tomatoes
- 1 cup lemon-flavored vodka
- 24 almond-stuffed green olives or vermouth-marinated green olives
- 3 or 4 stalks celery with tops removed, diagonally sliced into ¾- to 1-inch pieces (24 pieces total)
- Celery salt
- 24 cocktail picks or skewers

1. Using a plastic or wooden pick or a sharp skewer, pierce the skins of the tomatoes in several places. Place tomatoes in a self-sealing, food-safe plastic bag; add vodka. Seal bag. Turn bag to coat tomatoes. Chill mixture overnight.

2. Drain tomatoes; discard vodka. Skewer an olive, a piece of celery, and a cherry tomato on each pick. Sprinkle lightly with celery salt. Transfer to serving platter. Makes 24 skewers.

Nutrition facts per skewer: 21 cal., 1 g total fat (0 g sat. fat), 0 mg chol., 92 mg sodium, 1 g carbo., 0 g fiber, and 0 g pro. Daily Values: 2% vit. A, 6% vit. C, 1% calcium, and 1% iron.

Lemony Oven Fries

Wow. Adding a zap of lemon to frozen french fries before baking makes for a surprising burst of fresh flavor.

Prep: 10 minutes **Bake:** 30 minutes

- ⅓ cup olive oil
- 1 large lemon, thinly sliced
- ¼ cup fresh flat-leaf Italian parsl
- 1 20-oz. pkg. frozen french-fried shoestring potatoes (about 5 cups)
- Coarse sea salt
- Lemon wedges

1. In a large skillet heat olive o over medium heat. Carefully a lemon slices. Cook for 3 to 5 minut or until lemon begins to brown. U tongs to turn lemon slices. Add t parsley to the oil. Cook for 20 to seconds more or until parsley crisp. Remove lemon slices a parsley with slotted spoon; drain paper towels. Reserve the lemo flavored oil (you should have abo 3 tablespoons).

2. In a large bowl toss frozen sho string potatoes with the reserved until well coated. Place potatoes i 15x10x1-inch baking pan. Ba according to package directions

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il the potatoes are browned and
p, stirring occasionally.
. To serve, toss lemon and parsley
h the hot potatoes. Sprinkle
ierously with sea salt. Squeeze
ion wedges over fries. Serve
nediately. Makes about 5 cups
servings).
Nutrition facts per serving: 126
, 7 g total fat (1 g sat. fat), 0 mg
l., 72 mg sodium, 14 g carbo., 1 g
r, 2 g pro. Daily Values: 2% vit.
20% vit. C, 1% calcium, 1% iron.

Thai Spinach Dip

s stir-together treat delivers big
nut flavor with a hit of heat. The
takes just minutes to prepare.
p: 15 minutes **Chill:** 2 to 24 hours

cup chopped fresh spinach
8-oz. carton dairy sour cream
8-oz. carton plain fat-free yogurt
¼ cup snipped fresh mint
¼ cup finely chopped peanuts
¼ cup peanut butter
1 Tbsp. honey
1 Tbsp. soy sauce
1 to 2 tsp. crushed red pepper flakes
Peeled baby carrots or other vegetables for dipping

1. In a bowl combine spinach, sour cream, and yogurt. Stir in mint, peanuts, peanut butter, honey, soy sauce, and red pepper flakes.

2. Cover and chill for 2 to 24 hours. Serve with baby carrots or other vegetable dippers. Makes about 2½ cups.

Nutrition facts per 1 tablespoon dip: 34 cal., 3 g total fat (1 g sat. fat), 3 mg chol., 41 mg sodium, 2 g carbo., 0 g fiber, and 1 g pro. Daily Values: 2% vit. A, 1% vit. C, 2% calcium, and 1% iron.

Even the most wonderful food tastes so much better when we spread with joy.

Bacon 'n' Cheese Stuffed Dates

Warren Weekes, executive chef at Rio Rico Resort and Country Club in Arizona, tweaked his mother's recipe to create this amazing blend of flavors.

Prep: 25 minutes **Bake:** 5 minutes

2 slices bacon, crisp-cooked, drained, and finely crumbled, or ¼ cup chopped prosciutto
¼ cup thinly sliced green onion
2 cloves garlic, minced
½ cup Cambazola cheese or crumbled blue cheese (2 oz.)

continued on page 92

What Swanson® Broth does better than water.





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Nibbles 'n' Bits

continued from page 91

- 1 3-oz. pkg. cream cheese, softened
- 2 tsp. Dijon-style mustard
- ⅛ tsp. pepper
- 24 Medjool dates (about 16 oz. unpitted)

1. Preheat oven to 350° F. In a medium bowl stir together the bacon or prosciutto, green onion, and garlic. Add Cambazola or blue cheese, cream cheese, mustard, and pepper to bacon mixture. Stir to combine.

2. Using a knife, make a lengthwise slit in each date. Spread each date open slightly. Remove pits. Fill each date with a rounded teaspoon of the bacon mixture. Place dates, filling side up, on a baking sheet. Bake for 5 to 8 minutes or until heated through. Serve warm. Makes 24 stuffed dates.

Nutrition facts per stuffed date: 77 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 55 mg sodium, 14 g carbo., 1 g fiber, 1 g pro. Daily Values: 2% vit. A, 0% vit. C, 2% calcium, 2% iron.

Make-ahead directions: Stuff dates, cover, and chill up to 24 hours. Uncover and bake as directed just before serving.

Horseradish-Radish Sandwich

Take a shortcut by placing the herbed cheese mixture into a plastic sandwich bag, snipping a small hole in one corner, then squirting the mixture onto the puff pastry circles.

Prep: 45 minutes **Bake:** 10 minutes

- 1⅓ cups herbed goat cheese (chèvre) or two 5-oz. containers semisoft cheese with garlic and herbs
- 2 Tbsp. finely chopped green onion
- 6 to 8 tsp. hot-style prepared horseradish
- 1 17¼-oz. pkg. frozen puff pastry (2 sheets), thawed
- 1 Tbsp. milk
- Coarse salt (optional)
- 1 large English cucumber, very thinly sliced
- 10 radishes, very thinly sliced

1. In a medium bowl combi cheese, green onion, and horseradis Cover and chill until ready to use

2. Preheat oven to 375° F. Unfo one of the pastry sheets on a ligh floured surface. With the tines o fork, generously prick pastry. Us 2-inch round cutter to cut pastry in circles. Transfer circles to an u greased baking sheet. Brush pas lightly with milk. Sprinkle with sa Bake for 10 to 12 minutes or ur golden brown. Cool on wire ra Repeat with remaining pastry she

3. To assemble, use a knife to sp the baked pastries horizontal Spread about 1 teaspoon of t cheese mixture on the cut side each bottom pastry. Top with sev al cucumber slices and radish slic Spread the cut side of each top p try with about 1 teaspoon of t cheese mixture. Place on top radish slices. Makes 32 appetizer

Nutrition facts per appetiz 94 cal., 7 g total fat (1 g sat. f 4 mg chol., 94 mg sodium, 6 g carb 0 g fiber, and 2 g pro. Daily Valu 2% vit. A, 1% vit. C, 2% calciu and 1% iron.

Caesar Salad Cracker Cups

Roasting the beets and baking cracker cups in advance will save ti on party day.

Prep: 30 minutes **Bake:** 10 minut for cracker cups; 45 minutes for be

- ¾ cup all-purpose flour
- ¼ cup whole wheat flour
- 1 tsp. sugar
- ¼ tsp. baking soda
- ⅛ tsp. coarse salt or salt
- ⅛ tsp. freshly ground black pepper
- 1 Tbsp. butter (no substitutes)
- ¼ cup finely shredded Parmes cheese
- 1 clove garlic, minced

continued on pag



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sins than the government requires for raisin bread.

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Nibbles 'n' Bits

continued from page 92



Circle Cutters

Make Horseradish-Radish Sandwiches (recipe, *page 92*) with this set of **11 Graduated Circle Cutters.** The stainless-steel cutters from Ateco range from ¾ inch to 3⅝ inches. The cutters are dishwasher safe and nest in a metal storage tin with cover. The price of the set is $24.95, which includes shipping, handling, and sales tax.

TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. Or, visit *www.bhgcatalog.com* to order on the Internet.

⅓ cup buttermilk
Nonstick cooking spray
4 cups chopped romaine lettuce
2 to 3 Tbsp. bottled Caesar salad dressing
1 hard-cooked egg, chopped
1 recipe Roasted Beets
Shaved Parmesan cheese

1. Preheat oven to 375° F. In a medium bowl stir together all-purpose flour, whole wheat flour, sugar, baking soda, salt, and pepper. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in shredded Parmesan cheese and garlic. Make a well in center of flour mixture. Add buttermilk. Using a fork, stir until mixture can be shaped into a ball.

2. Turn the dough out onto a lightly floured surface. Knead for 8 to 10 strokes or until dough is almost smooth. Divide dough in half. Roll each portion of dough into a 12x9-inch rectangle. Use a pastry wheel or knife to cut rectangles into 3x3-inch squares. Use a fork to prick squares several times. Coat the bottom side of a mini muffin pan with nonstick cooking spray. Lay dough squares over muffin cup bottoms, making sure edges of squares don't overlap. Place inverted muffin pan on a shallow baking sheet.

3. Bake about 10 minutes or until golden brown. Remove cracker cups from muffin pan; cool on a wire rack. (Cracker cups may be made up to 3 days ahead. Store in an airtight container at room temperature. Or, freeze the baked cracker cups in a freezer container for up to 3 months.)

4. In a medium bowl toss romaine with salad dressing. To serve, sprinkle some chopped egg in the bottom of each cracker cup. Fill with romaine mixture and top with Roasted Beets and shaved Parmesan cheese. Makes 24 appetizers.

Roasted Beets: Preheat oven to 375°F. Scrub one medium beet (or 12 baby beets); trim off stem and root ends. Peel the medium beet and cut into ¾-inch pieces or halve the baby beets. Place beets in an 8x8x2-inch baking pan. In a small bowl combine 1 tablespoon olive oil; 1 small clove garlic, minced; 1½ teaspoons balsamic vinegar; ⅛ teaspoon salt; and ⅛ teaspoon ground black pepper. Drizzle olive oil mixture over beets; toss lightly to coat. Cover pan with foil and roast for 35 minutes. Uncover; roast 10 minutes more or until beets are tender. Cool to room temperature. Set beets aside.

Nutrition facts per appetizer: 49 cal., 2 g total fat (1 g sat. fat), 11 mg chol., 80 mg sodium, 5 g carbo., 1 g fiber, and 2 g pro. Daily Values: 6% vit. A, 4% vit. C, 2% calcium, and 2% iron.



Mini Muffin Tins

Make Caesar Salad Cracker Cups (recipe, *page 92*) with this set of two Mini Muffin Tins. Each has a capacity of 24 and features a nonstick coating. From Fox Run Craftsmen, the price is $29.95, which includes shipping, handling, and applicable sales tax.

TO ORDER with your Visa, MasterCard, American Express, or Discover card, call 800/881-4066. Or, visit *www.bhgcatalog.com.*

Corn-Relish Crisps

Each cilantro-flecked crisp can be shaped into a mini taco shell by draping a warm crisp over a rolling pin. Or, keep crisps flat by cooling on a flat surface.

Prep: 30 minutes **Bake:** 6 minutes
Cool: 15 seconds

¾ cup all-purpose flour
2 Tbsp. snipped fresh cilantro
1 Tbsp. sugar
½ tsp. salt
¼ tsp. ground red pepper
½ cup butter, softened
3 egg whites
Pointed rolled sugar ice-cream cones or metal cone shapes
¾ cup crème fraîche or dairy sour cream
4 tsp. snipped fresh chives
½ cup purchased corn relish

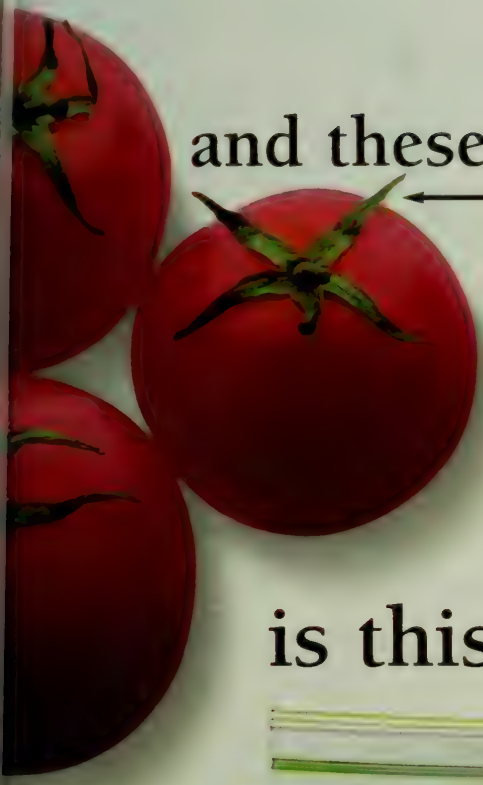
1. Preheat oven to 375° F. In a small bowl stir together the flour, cilantro, sugar, salt, and ground red pepper; set aside. In a medium mixing bowl beat butter with an electric mixer on medium to high speed until fluffy. Beat in egg whites until combined. Beat in flour mixture until combined.

continued on page 96

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Nibbles 'n' Bits

continued from page 94

2. Line a cookie sheet with parchment paper. For each shell, drop one heaping teaspoon of batter onto the prepared sheet. Using the back of a spoon, spread batter into a 3-inch circle. Repeat with the remaining batter, baking only five or six crisps at a time.

3. Bake 6 to 7 minutes or until bubbly and golden brown on edges. Remove from oven. Allow to cool 15 seconds. Working quickly, roll each warm crisp around pointed ice-cream cone or metal cone. Allow to cool; remove from cones and set aside. Or, transfer flat crisps to cooling rack to cool.

4. To serve, in a small mixing bowl combine crème fraîche and chives. Spoon 1 to 2 teaspoons of the crème fraîche mixture into each shell. Top with ½ teaspoon corn relish. Arrange on a serving platter. Makes 24 appetizers.

Nutrition facts per appetizer: 76 cal., 6 g total fat (4 g sat. fat), 17 mg chol., 107 mg sodium, 4 g carbo., 0 g fiber, and 1 g pro. Daily Values: 4% vit. A, 1% vit. C, 1% calcium, and 1% iron.

Make-ahead directions: Bake, shape, and cool crisps as directed. Arrange in a single layer in a freezer container and freeze for up to 1 month. To serve, thaw crisps for 15 minutes.

Filled-Up Phyllo Logs

Chef/owner Jeremy Morrow of the 43 Restaurant and Bar in Des Moines, Iowa, inspired these crispy snacks.

Prep: 45 minutes **Bake:** 18 minutes

- 1 recipe Spinach-White Bean Filling
- 1 recipe Mushroom-Onion Filling
- 12 sheets frozen phyllo dough, thawed
- ½ cup butter or margarine, melted
- Shredded Parmesan cheese
- Chives (optional)

1. Prepare Spinach-White Bean Filling and Mushroom-Onion Filling. Preheat oven to 375° F. Lightly brush a sheet of phyllo with some of the melted butter. Top with another sheet of phyllo and brush with more melted butter. (Keep remaining phyllo covered with plastic wrap to prevent drying.) Using a sharp knife or rotary blade, cut the stacked phyllo in half lengthwise and then crosswise to make four equal rectangles.

2. Spread about 2 tablespoons of the bean filling in a ¾-inch wide strip on a long side and to within 1 inch of short ends of each

rectangle. Tightly roll the phyllo dough into a thin log, starting with the filled side. Brush seam side with butter. Place log, seam-side down, on a baking sheet; brush with butter and sprinkle with shredded Parmesan cheese.

3. Repeat with remaining bean filling and four more phyllo sheets. Fill remaining six sheets of phyllo with the mushroom-onion filling, following the same procedure except using 4 teaspoons filling per log and sprinkling logs with ground pepper.

4. Bake about 18 minutes or until logs are golden brown. Cool on wire racks. Tie ends with chive strands. Serve warm or cool. Makes 24 logs.

Spinach-White Bean Filling: Thaw and thoroughly drain one 10-ounce package frozen chopped spinach; finely chop. Set aside. Drain one 15-ounce can white beans (cannellini); rinse and drain. In a food processor bowl or blender container, combine beans, 3 cloves minced garlic, and 1 tablespoon water. Cover and process or blend until smooth. Transfer bean mixture to a medium bowl. Add spinach; mix well.

Nutrition facts per bean-filled log: 92 cal., 5 g total fat (3 g sat. fat), 11 mg chol., 211 mg sodium, 11 g carbo., 3 g fiber, 4 g pro. Daily Values: 40% vit. A, 5% vit. C, 5% calcium, 6% iron.

Mushroom-Onion Filling: In a large skillet heat 1 tablespoon cooking oil until hot. Cook 2 cups finely diced crimini and/or shiitake mushrooms, 1 finely chopped large onion, and 1 clove minced garlic over medium-high heat for 5 to 7 minutes or until the mushrooms are tender and the liquid has evaporated. Stir occasionally.

Nutrition facts per mushroom-filled log: 84 cal., 6 g total fat (3 g sat. fat), 11 mg chol., 113 mg sodium, 7 g carbo., 1 g fiber, and 1 g pro. Daily Values: 3% vit. A, 1% vit. C, 1% calcium, and 2% iron.

Pull together a [illegible] and a few [illegible] and bask in the

Hot Ribeye Bites

Make sure the pickled peppers you use are a mild variety or your guests will really feel the burn.

Prep: 15 minutes **Broil:** 12 minutes

¼ cup jalapeño pepper jelly
2 Tbsp. Kansas City steak seasoning or steak seasoning

continued on page 98

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Nibbles 'n' Bits

continued from page 97

For a comfortably appetizer, serve of deviled with crab.

- 2 boneless beef ribeye steaks, cut 1 inch thick (about 1¼ lb.) or 1 boneless beef top sirloin steak
- 24 pickled baby banana chile peppers, jalapeño chile peppers, or other mild baby chile peppers

1. For glaze, in a small saucepan stir together pepper jelly and steak seasoning. Cook and stir for 1 to 2 minutes over low heat or until jelly is melted. Set aside.

2. *To broil:* Preheat broiler. Place steaks on the unheated rack of a broiler pan. Broil steaks 3 to 4 inches from the heat to desired doneness, turning the steaks once. For ribeye steaks, allow 12 to 14 minutes for medium rare (center of meat is 145° F) or 15 to 18 minutes for medium doneness (center of meat is 160° F). Brush steaks with glaze during the last 5 minutes and turn again to glaze other side.

To grill: Place the steaks on the grill rack of an uncovered grill directly over medium coals. Grill to desired doneness, turning steaks once. Brush with glaze during the last 5 minutes. For ribeye steaks, allow 11 to 15 minutes for medium rare or 14 to 18 minutes for medium doneness. Or, for top sirloin, allow 14 to 18 minutes for medium rare or 18 to 22 minutes for medium.

3. Cut steak into 1-inch cubes. Top each cube with a pickled pepper. Makes about 24 appetizer servings.

Nutrition facts per cube: 47 cal., 1 g total fat (1 g sat. fat), 11 mg chol., 179 mg sodium, 3 g carbo., 0 g fiber, and 5 g pro. Daily Values: 0% vit. A, 4% vit. C, 1% calcium, and 3% iron.

Deviled Eggs with Spicy Crab

The crab with chutney on top of the deviled egg mixture makes these appetizers doubly delightful.

Prep: 25 minutes
Chill: Up to 2 hours

- 8 hard-cooked eggs
- ¼ cup mayonnaise or salad dressing
- 1 to 2 tsp. flavored mustard, such as Dijon-style mustard or horseradish mustard
- 1 Tbsp. finely chopped green onion
- ¼ tsp. salt
- ¼ tsp. ground red pepper
- 1 to 2 Tbsp. mango chutney
- 3 Tbsp. mayonnaise or salad dressing
- ½ tsp. curry powder
- ½ cup cooked crabmeat (about 2¾ oz.)

1. Halve the hard-cooked eggs lengthwise and remove yolks. Place egg yolks, the ¼ cup mayonnaise, the mustard, green onions, and ⅛ teaspoon each of the salt and red pepper in a quart-size self-sealing, food-safe plastic bag. Seal bag and squeeze the bag to mash the egg yolks and combine the ingredients. Snip one corner of the bag and pipe mixture into egg halves.

2. Cut up any large pieces of mango chutney. In a bowl combine the remaining 3 tablespoons mayonnaise, the chutney, curry powder, and remaining salt and red pepper. Gently fold in crabmeat. Top each deviled egg with a spoonful of the crab mixture. Cover and chill eggs up to 2 hours. Makes 16 appetizers.

Nutrition facts per appetizer: 91 cal., 8 g total fat (1 g sat. fat),

continued on page 100


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113 mg chol., 119 mg sodium, 1 g carbo., 0 g fiber, and 4 g pro. Daily Values: 4% vit. A, 1% vit. C, 2% calcium, and 2% iron.

Soy Glazed Squash

The tan rind of bell-shaped butternut squash is easy to remove with a vegetable peeler.

Prep: 25 min. **Roast:** 20 min.

- 1½ lb. butternut squash, peeled, seeded, and cut in ¾-inch cubes
- 1 tsp. finely shredded blood orange peel or orange peel
- ½ cup blood orange juice or orange juice
- 2 scallions or green onions, finely chopped
- 3 Tbsp. soy sauce
- 1 Tbsp brown sugar
- 2 tsp. chili oil

1. Preheat oven to 425° F. Place prepared squash cubes in a lightly greased 13x9x2-inch baking pan. In a bowl combine orange peel, orange juice, scallions or green onions, soy sauce, brown sugar, and chili oil. Drizzle over squash, tossing to coat. Roast, uncovered, 20 to 25 minutes or until squash is tender, stirring twice.

2. Stir cubes again before serving. Place a toothpick in each squash cube. Serve warm. Makes about 48 appetizers.

Nutrition facts per appetizer: 10 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 58 mg sodium, 2 g carbo., 0 g fiber, and 0 g pro. Daily Values: 11% vit. A, 5% vit. C, 1% calcium, and 1% iron.

Pork and Chicken BBQ Sticks

An indoor grill makes quick work of these meaty treats, but an oven broiler also offers a quick option.

Prep: 20 minutes **Grill:** 5 minutes
Chill: 15 minutes

- 12 oz. pork tenderloin
- 12 oz. skinless, boneless chicken thighs
- 16 6-inch wooden skewers
- Salt and pepper
- 1 recipe Chipotle Barbecue Sauce

1. Trim fat from pork. Cut pork into 1-inch cubes. Cut chicken into 1-inch pieces. Thread three pork pieces on eight of the skewers, leaving ¼ inch between pieces. Thread three chicken pieces on each remaining eight skewers, leaving ¼ inch between pieces. Place skewers on a tray.

2. Sprinkle salt and pepper evenly over pork and chicken. Cover with plastic wrap and refrigerate 15 minutes to 2 hours. Meanwhile, prepare Chipotle Barbecue Sauce.

3. Lightly grease the rack of an indoor electric grill or lightly coat with cooking spray. Preheat grill. Place the pork kabobs on the grill rack. (Keep chicken kabobs covered and refrigerated). If using a covered grill, close lid. Grill until meat is slightly pink in center and juices run clear, brushing generously with the Chipotle Barbecue Sauce halfway through cooking. (For a covered grill, allow 5 to 7 minutes, giving kabobs a quarter turn once halfway through grilling. For an uncovered grill, allow 12 to 15 minutes, turning occasionally to cook evenly.) Remove from grill and keep warm.

4. Place chicken kabobs on the grill rack. If using a covered grill, close lid. Grill until chicken is tender and no longer pink, brushing generously with the remaining sauce halfway through cooking. (For a covered grill, allow 3 to 5 minutes, giving kabobs a quarter turn once halfway through grilling. For an uncovered grill, allow 10 to 12 minutes, turning occasionally to cook evenly.) Makes 16 sticks.



Broiler method: Arrange all of the kabobs on the rack of an unheated broiler pan. Broil 4 to 5 inches from the heat, turning occasionally or until pork and chicken are done (8 to 10 minutes), brushing generously with sauce the last 5 minutes of broiling.

Chipotle Barbecue Sauce: In a small saucepan combine ½ cup bottled barbecue sauce, 1 tablespoon chopped canned chipotle peppers in adobo sauce, 2 cloves minced garlic, and 1 tablespoon honey. Bring to boiling. Reduce heat. Boil gently, uncovered, for 5 minutes or until slightly thickened. Set aside to cool slightly. Makes about ½ cup.

Nutrition facts per serving: 63 cal., 2 g total fat (0 g sat. fat), 31 mg chol., 116 mg sodium, 2 g carbo., 0 g fiber, and 9 g pro. Daily Values: 2% vit. A, 2% vit. C, 1% calcium, and 3% iron.

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Campbell's® Tasty 2-Step Pork Chops

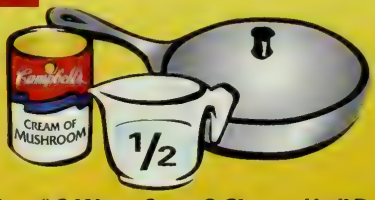
Prep/Cook Time: 20 min. • Serves 4

1. BROWN



4 Boneless Pork Chops.

2. ADD



Soup* & Water. Cover & Simmer Until Done.

*Also delicious with Cream of Celery, Tomato with Roasted Garlic & Herbs or Cream of Mushroom with Roasted Garlic (use 1/2 cup milk) soups.

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Campbell's® Tasty 2-Step Chicken

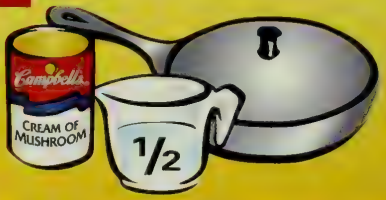
Prep/Cook Time: 20 min. • Serves 4

1. BROWN



4 Boneless Chicken Breasts.

2. ADD



Soup* & Water. Cover & Simmer Until Done.

*Also delicious with Cream of Chicken, Cream of Celery or Tomato with Roasted Garlic & Herbs soups.

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Campbell's® 2-Step Beefy Taco Joes

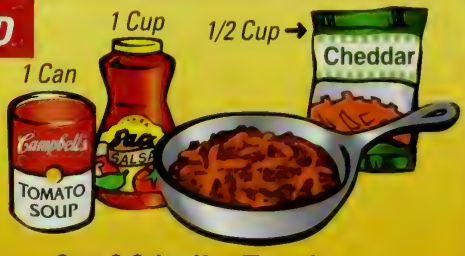
Prep/Cook Time: 15 min. • Makes 8 Sandwiches

1. BROWN



1 lb. Ground Beef.

2. ADD



Soup & Salsa. Heat Through. Top with Cheese. Serve on Rolls.*

*Also delicious served on a corn muffin or rice.

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Campbell's® 2-Step Creamy Chicken & Pasta

Prep/Cook Time: 20 min. • Serves 4

1. BROWN



1 lb. Cut-Up Boneless Chicken Breasts.

2. ADD



Frozen Vegetable Pasta Blend, Soup* & Water. Cover & Simmer Until Done.

*Also delicious with Cream of Mushroom or Cream of Celery soups.

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Win Money and Prizes

rize Tested Recipes® (see page 103)

our original recipe could be worth up to $400 and net you a kitchen full of w appliances. Send your recipes (ones that have never before been published) our Prize Tested Recipes® contest, which features two new categories each onth. Seven months later, we'll publish the four winning recipes.

ne Annual Grand Prize: GE Profile Appliances
efrigerator, dishwasher, microwave oven, and range or cooktop/oven; pproximate retail value: $5,000)

lonthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

ugust 2002 Categories: Homemade Relishes and Pickles: Tell us how you ombine vegetables, herbs, and vinegars to create relishes and pickles. Whether your ingredients are raw or cooked, anything goes, including beets, omatoes, cabbage, watermelon rind, zucchini, and cucumbers.

rilled Chops and Steaks: What rubs, marinades, and sauces do you add to our favorite beef, pork, and lamb cuts? Or do you rely on stuffings or seasoned utters to create extra flavor in your meals from the barbecue?

his Month's Winners — Pages 103 and 104

00 Winners: Joan Kovach, Orange Park, Fla.; Kristynn O. Kraner, Tucson, Ariz. $200 Winners: nelly Platten, Amherst, Wis.; Margie Tyler Stalzer, Palm Coast, Fla. $50 Honor Roll Winners: my Andrews, Rockford, Ill.; Nancy D. Christensen, Grantsville, Utah; Linda Frieden, Vista, alif.; Marjorie H. Koetting, Redding, Calif.; Brenda Leopold, Chesterton, Ind.; Mimi Morelli, olorado Springs, Colo.; Johannah Winn Ryman, Snohomish, Wash.; Charlotte Stephenson, ayetteville, Ark.; Joanne W. Strickland, Little Rock, Ark.; Michael R. Warner, Greensboro, N.C.

ontest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, xcept Meredith Corporation employees, its affiliates, subsidiaries, and their immediate imilies. 2. With each entry, clearly print or type your name, address, phone number, nd recipe marked "Homemade Relishes and Pickles" or "Grilled Chops and Steaks." pecify brands and recipe origin. 3. Send recipes by postal mail to: 0208 Food Department, *etter Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail ntries to: ptr@mdp.com. 4. Entries must be postmarked by January 24, 2002, and eceived by January 31, 2002. E-mail entries must be posted by 11:59 p.m., EST, January 4, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize inner will be selected from the year 2002's top winners on or about October 1, 2002, nd will be notified by mail. The grand prize winner will choose up to $5,000 worth of iE Profile appliances from a local dealer at the dealer's then-current retail prices. Any pplicable sales tax, delivery charges, or additional costs will be included in the $5,000 rize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. lo previously published recipes. They will be judged on creativity, taste, and practicality y *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All opyright rights of winning recipes belong to Meredith Corporation. We reserve the right o adjust winning recipes. 8. Entry constitutes permission to use winner's name and ometown for editorial and promotional purposes, except where prohibited by law. Send self-addressed, stamped envelope to above address to receive winners' list, available ix months after entry deadline. 9. Meredith Corporation assumes no responsibilities or entries they are unable to process due to phone, network, electronic, or computer ardware or software failures, or technical failures of any kind. Subject to all U.S. ederal, state, and local laws and regulations. Void where prohibited. Taxes on prizes re the responsibility of the winners.



¡Tis the Season to Fiesta!



Flantástico!

For Caramel:

1 cup sugar
1/3 cup water
1/2 tsp. lemon juice

For Flan:

1 can (13.5 oz.) Goya Coconut Milk
2 cups heavy cream
6 eggs
1/2 cup sugar
1 1/2 tsp. Goya Vanilla Extract
Pinch of salt

Cooking Equipment: 1 1/2 qt. soufflé dish or 8 – 6 oz. oven-proof ramekins. 1 roasting pan large enough to hold soufflé dish or ramekins

For Caramel: In saucepan, add sugar, water lemon juice. Bring to simmer. Swirl pan for cooking. Stop cooking when liquid turns gol Pour caramel into soufflé dish or ramekins.

For Flan: In saucepan on medium, heat coc milk and cream. Don't boil. Remove from Boil 3 quarts water. In bowl, gently whisk sugar, vanilla and salt. Whisk warm coconut and cream into egg mixture. Pour flan mi into soufflé dish or ramekins. Place in roa pan. Fill halfway up with hot water. Cover lo with aluminum foil and place in oven. Cook s dish for 70 minutes; ramekins for 30. When inserted into center of flan comes out clean done. Remove flan to cool. Serve at room tem ature or slightly chilled. To loosen flan from slide knife around mold. Place serving dis mold and invert. Shake gently if flan does release. Garnish and get ready to fiesta! Serve

For more season's eatings, check out yo store's Goya section, or visit www.Goya.c



What A Way To GOY

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see page 101 for details



$400 winner Berry-Nut French Toast

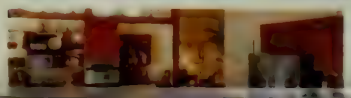
Joan Kovach, Orange Park, Fla.,
in the Waffles and French Toast Category, January 2002

- 2 cups multigrain flakes with oat clusters, cranberries, and almonds
- 4 eggs
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 4 ¾-inch-thick slices French or Italian bread
- 2 Tbsp. butter
- Fruit-flavored syrup, maple syrup, or apricot preserves, warmed

Coarsely crush the cereal and place in a shallow dish. Set aside. In another shallow bowl beat eggs, cinnamon, and nutmeg until well mixed. Dip the bread slices in the egg mixture until moistened, turning to coat, then dip both sides in crushed cereal until coated.

In a large skillet or griddle melt butter over medium-high heat. Add bread slices and cook about 2 minutes on each side or until golden and crisp. Serve with warm syrup or preserves. Makes 2 servings.

Nutrition facts per serving: 606 cal., 27 g total fat (11 g sat. fat), 458 mg chol., 765 mg sodium, 72 g carbo., 5 g fiber, and 21 g pro. Daily Values: 37% vit. A, 0% vit. C, 10% calcium, and 26% iron.



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appliances, worth up to

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see page 101 for details



$400 winner Pesce Italiano

Kristynn O. Kraner, Tucson, Ariz.,
in the Skillet Dinners Category, January 2002

- 1 cup dried penne pasta (about 3 oz.)
- 2 fresh salmon, tuna, or swordfish steaks, ¾ inch thick (about 12 oz.)
- 1 tsp. Creole seasoning
- 1 cup sliced fresh mushrooms
- ⅓ cup dry white wine
- 2 Tbsp. prepared basil pesto
- 1 Tbsp. lemon juice
- 2 tsp. drained capers
- 1 Tbsp. olive oil

In a large saucepan cook the pasta in lightly salted boiling water for 4 minutes; drain and set aside. (Pasta will not be tender.)

Meanwhile, sprinkle both sides of the fish steaks with the Creole seasoning; set aside. (If using a salt-free Creole seasoning, sprinkle fish with ¼ teaspoon salt.) In a medium bowl combine the partially cooked pasta, mushrooms, wine, pesto, lemon juice, and capers; set aside.

In a large skillet cook the fish steaks in the hot olive oil over medium-high heat for 1 minute; turn and cook for 1 minute more. Reduce heat to medium. Spoon the pasta mixture around the tuna steaks in the skillet. Bring to boiling; reduce heat. Simmer, covered, over medium heat for 6 to 9 minutes or until fish flakes easily with a fork. Makes 2 servings.

Nutrition facts per serving: 627 cal., 30 g total fat (5 g sat. fat), 109 mg chol., 352 mg sodium, 36 g carbo., 2 g fiber, and 46 g pro. Daily Values: 6% vit. A, 7% vit. C, 11% calcium, and 17% iron.



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$200 winner Tortellini and Veggies

Margie Tyler Stalzer, Palm Coast, Fla.,
in the Skillet Dinners Category, January 2002

- 1 large onion, coarsely chopped (1 cup)
- 1 8-oz. pkg. fresh mushrooms, such as crimini or white, halved
- 1 medium red sweet pepper, cut into ¾-inch pieces (¾ cup)
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 14½-oz. can diced tomatoes
- 1 9-oz. pkg. refrigerated cheese-filled tortellini
- ½ cup water
- ¼ cup dry red wine
- 2 tsp. dried Italian seasoning, crushed
- ¼ tsp. black pepper
- 4 small zucchini, halved lengthwise and cut into ½-inch-thick slices
- ½ cup shredded Asiago or Parmesan cheese (2 oz.)

In a very large skillet cook onion, mushrooms, red sweet pepper, and garlic in hot oil over medium heat about 5 minutes or until onion is tender. Stir in undrained tomatoes, tortellini, water, wine, Italian seasoning, and black pepper. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in zucchini. Cook, uncovered, for 5 minutes more or until zucchini is crisp-tender. Remove from heat. Sprinkle with Asiago cheese. Makes 4 to 6 servings.

Nutrition facts per serving: 414 cal., 18 g total fat (6 g sat. fat), 45 mg chol., 566 mg sodium, 46 g carbo., 4 g fiber, and 18 g pro. Daily Values: 38% vit. A, [illegible] vit. C, 22% calcium, and 40% iron.

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$200 winner Waffles with Salsa

Shelly Platten, Amherst, Wis.,
in the Waffles and French Toast Category, January 2002

- 1 recipe Jicama-Bean Salsa
- 1 cup all-purpose flour
- ½ cup yellow cornmeal
- 2 Tbsp. sugar
- 1 Tbsp. baking powder
- 2 tsp. chili powder
- ½ tsp. salt
- 1 cup buttermilk
- 1 egg
- 2 Tbsp. cooking oil
- 1 4-oz. can diced green chili peppers, drained
- ¾ cup bottled salsa
- Dairy sour cream (optional)
- Shredded cheddar cheese (optional)

Prepare Jicama-Bean Salsa (recipe *below*); set aside. In a large bowl combine flour, cornmeal, sugar, baking powder, chili powder, and salt. In a medium bowl combine buttermilk, egg, and oil; add to dry ingredients. Stir until combined. Stir in chili peppers.

Pour batter onto grids of a preheated, lightly greased waffle baker. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with remaining batter. Serve warm with Jicama-Bean Salsa and bottled salsa. If desired, top with sour cream and cheese. Makes 10 to 12 (4-inch) waffles.

Jicama-Bean Salsa: Halve, seed, peel, and chop one avocado. Coarsely chop one medium tomato. In a medium bowl combine avocado; tomato; half of a 15-ounce can black beans, rinsed and drained; ¼ cup coarsely chopped, peeled jicama; ¼ cup coarsely chopped red onion; and 1 tablespoon snipped fresh cilantro. Makes about 2½ cups salsa.



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Oat Cuisine

Nutty-tasting oat groats—whole oat kernels with the hulls removed—go beyond basic breakfast oatmeal. In fact, they're main-dish delicious, as this recipe (*right*) shows.

People, especially those at risk for heart disease, should consider eating oats regularly, says Dr. David Katz, Yale School of Medicine. A small Yale study led by Katz showed that oatmeal consumed immediately after a fat-laden milk shake kept participants' arteries from narrowing, which happens to some people after eating foods high in saturated fats.

"A bowl of oatmeal showed the same ability to keep blood vessels open as 800 IU of vitamin E. Looks like oats may be comfort food for our blood vessels," Katz says.

Whole grains, such as oats, wheat, and brown rice, are so nutritionally powerful that the USDA urges you to use them for half of the suggested six daily servings of grain-based products.

Oats, in particular, are packed with soluble fiber, which helps remove cholesterol and reduces blood pressure. For diabetics, fiber may slow digestion—preventing steep rises in blood sugar levels. Fiber also gives the body long-lasting energy and helps keep you feeling full longer.

Seared Peppers, Black Beans, and Groats
Start to finish: 25 minutes

- 2 cups water
- ¾ cup oat groats
- ¼ tsp. salt
- 1 Tbsp. olive oil or cooking oil
- 1 large green pepper, cut into strips
- 1½ tsp. Cajun seasoning
- 1 15-oz. can black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- ¼ cup sliced green onions
- 2 Tbsp. crumbled kasseri or farmer cheese

1. In a saucepan bring the water, groats and salt to boiling. Reduce heat. Simmer covered, for 15 minutes or until the groats are tender. Drain excess liquid.

2. Meanwhile, heat oil in a large non-stick skillet. Add pepper strips. Cook and stir over medium-high heat for 4 minutes or until peppers begin to brown. Add Cajun seasoning; cook for 30 seconds more. Reduce heat to medium. Add beans. Cook and stir for 2 minutes more or until beans are heated through. Stir in tomatoes. Remove from heat.

3. To serve, place groats in bowl. Top with sweet pepper mixture, green onions and cheese. Makes 3 main-dish servings.

Nutrition facts per serving: 343 cal, 10 g total fat (3 g sat. fat), 7 mg chol, 718 mg sodium, 53 g carbo., 13 g dietary fiber, 18 g protein. Daily Values: 14% vit. A, 85% vit. C, 13% calcium, 24% iron.

THE MIGHTY OAT

Take your pick from the oat family. Look in natural foods stores if you don't see them on your grocer's shelves.

- Groats: Whole oat kernels with hulls removed; wild rice texture, nutty taste.
- Steel-cut oats: Groats that are thinly sliced; hearty, chewy consistency.
- Rolled oats: Groats that are steamed and rolled flat.
- Quick-cooking: Sliced, rolled oats.
- Instant: Precooked and dried rolled oats.



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Broccoli in all its glorious, green forms is a nutritional powerhouse packed with vitamin C, heart-protecting beta-carotene, and plant chemicals that may keep breast cancer at bay.

Eat Your Broccoli

by Bev Bennett



Broccoli Raab
Until recently, broccoli raab was pretty scarce outside of Italian neighborhoods. Now you'll spot it in most supermarkets. Be sure to cook broccoli raab to help tame its radishlike bite.
Try it chopped and stirred into your favorite spicy sausage soup or creamy risotto.



Baby Broccoli
These bitsy buds are a cross between broccoli and gai lan (*far right*). The slender stalks cook quickly.
We love sautéing these babies in olive oil and garlic for 5 minutes or so, then adding a generous splash of chicken broth before covering and cooking for a few minutes more.



Gai Lan
Look for this green also called Chinese broccoli, in Asian food stores. To cook, separate leaves from stalks. Cook stalks in boiling water until tender. Add leaves; cook until wilted.
Stir-fry cooked greens in peanut oil; add ginger, chili peppers, and/or hoisin sauce.



Broccoli
You can't miss this in the produce aisles because it's there nearly year-round.
For a change, finely chop raw broccoli, mix with shredded carrot, and sprinkle with an herbed salt. Use the crunchy mix to fill a sandwich of whole-grain bread slathered with cream cheese.



Broccoli Romanesco
With its chartreuse color and pinecone-shaped flowerets, this is the most exotic-looking of the broccoli family. But it tastes more like cauliflower.
Show it off by steaming it until crisp tender, or serve it raw with a bit of garlic-mayo or a yogurt-herb dip.

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by Nick Gallo



Quick Clicks to Health

The World Wide Web, with more than 20,000-plus health sites, may seem like a wild, wild world. So how do you avoid pitfalls—misleading and biased information, charlatans, quacks, and such? Get started with this sampling of proven Internet addresses.

www.healthfinder.gov

Healthfinder, sponsored by the U.S. Department of Health and Human Services, is a gateway to more than 1,800 agencies and organizations. Using a health gateway is often the best first step in a search, say experts. Healthfinder will direct you to preselected, targeted sites, unlike general search engines that do not always produce relevant results. If you're a novice Web surfer, explore the site's databases and guides to common health matters, and the hot topics in the Health News section.

www.medlineplus.gov

The National Library of Medicine, the world's largest medical library, developed this site, where you can access information about more than 400 diseases and conditions, a guide to pharmaceutical drugs, links to National Institutes of Health clearinghouses, and other helpful resources.

www.cdc.gov

Stop here for news about threatening diseases, traveler's health, immunizations, bicycle safety, dog bites, food-borne illnesses, AIDS, sexually transmitted diseases, and more. M.J. Tooey, deputy director of the Health Sciences/Human Services Library at the University of Maryland, enjoys the Hoaxes and Rumors section, which debunks myths and corrects misinformation.

www.intelihealth.com

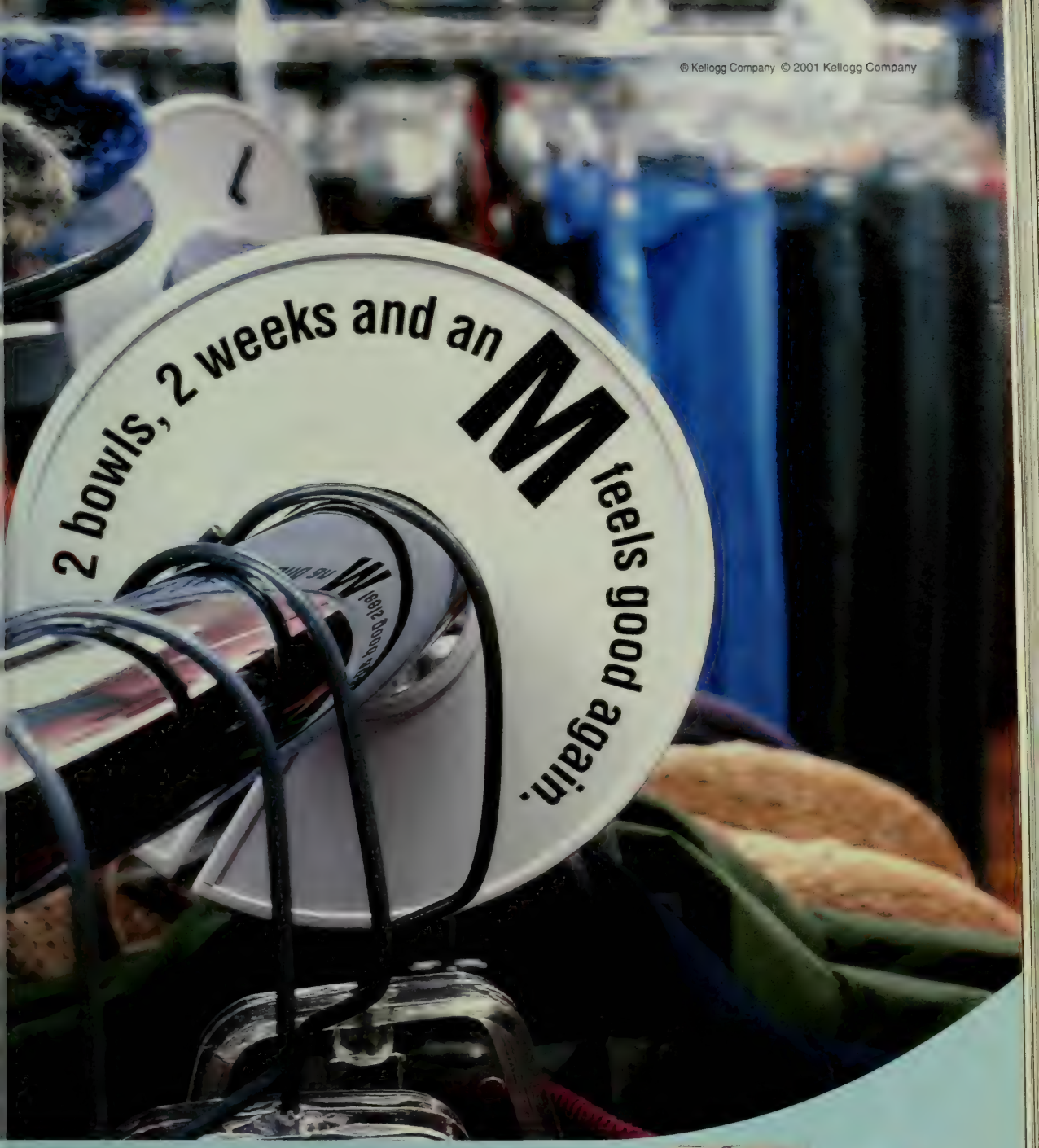
The Harvard School of Medicine stores an array of care-fully reviewed, reliable materials here for all to see. Fo example, search for information on "stroke" and you wil receive basic fact sheets, numerous feature articles, news reports, and a diary to help keep track of your blood pressure. Two site programs can be especially useful Symptom Scout asks questions about symptoms an offers clues for diagnosis. TopicDoc searches MEDLINE which has a database of 11 million articles, to target the most promising studies. The University of Pennsylvani School of Dental Medicine also oversees a large body o material about dental health and periodontal disease.

www.mayoclinic.com

Click on this site, affiliated with the well-known May Clinic, and you feel at ease with the organized layout Chock-full of in-depth articles, the editorial content als makes you feel secure. The site offers an index of disease listed A-Z, 11 Condition Centers (Alzheimer's, for exam ple), and eight Healthy Living Centers (such as Women Health). If you're faced with various medical tests an treatments, consult the Health Decisions Guide section which walks you through options. Do note, however that the slant on information is potentially limiting, sinc Mayo Clinic specialists provide most of the content.

continued on page 11

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here's a new way to jump-start your healthy lifestyle. A leading university as discovered that eating Kellogg's *Special K*® and Kellogg's *Smart Start*® ereals can help you lose up to six pounds in just two weeks. Here's how:

- ✓ Start with a serving of cereal and skim milk with fruit for breakfast.
- ✓ Replace either lunch or dinner with the cereal meal.
- ✓ Have a third meal as you normally would.
- ✓ Snack on fruits and vegetables between meals.
- ✓ In two weeks, strut your stuff.



onsult your physician before starting any diet or exercise program. A registered dietician can help you plan a healthy diet. Results may vary. Average weight loss 4.2 pounds.

continued from page 110

www.medem.com

The American Medical Association, along with six other physician specialty groups, founded this site. Other specialty groups and state medical societies now contribute information. You'll find straightforward, peer-reviewed articles on common ailments. However, the library's rare conditions section may disappoint. "The library has good, credible information, but it's not research-oriented," says M.J. Tooey. "If I were interested in lung cancer, I'd get an overview here, then go to a cancer-specific site to answer more complex questions."

www.cbshealthwatch.com

This site is the consumer-health version of Medscape, a company that publishes medical information for health-care professionals. It carries original articles produced by staffs at CBS and Medscape. You'll find information categorized in three sections: Diseases and Conditions, Family Health, and Healthy Lifestyle. The site contains write-ups on common conditions, pharmaceutical drugs, and medical tests.

www.webmd.com

WebMD is part of an ambitious project by a national health-care company to link patients, physicians, hospitals, and health insurers in an electronic health network. It has experienced cutbacks but remains heavily used. The Disease and Conditions section helps you zero in on a specific health problem. Search topics by three different interests: Health and Wellness, Newly Diagnosed, and Living with Illness. But keep your eyes wide open when reading "sponsored" sections, since commercial pressures may slant information.

www.4women.gov

Part health encyclopedia, part women's advocate, this National Women's Health Information Center site draws on thousands of publications from a federal clearinghouse. It also has valuable special-category sections, such as minority health, women with disabilities, and a roundup of men's health materials.

www.kidshealth.org

Physicians from the Nemours Foundation, a group that operates children's hospitals and specialty centers in Florida and Delaware, are the driving force behind this comprehensive library of health articles.

www.mentalhelp.net

This comprehensive guide offers more than 40 Issues and Disorders Centers and more than 25 Information Centers (such as Child and Adolescent Development, and Marriage and Family Therapy). Other related sites: National Mental Health Association (www.nmha.org), American Psychological Association (www.apa.org), and National Institute of Mental Health (www.nimh.nih.gov).

A network of medical librarians can assist you with your questions about medical and health Web sites, says Jean Shipman, secretary of the Medical Library Association Board, and director of the Tompkins-McCaw Library, Virginia Commonwealth University. She suggests contacting the National Library of Medicine at 800/338-7657 or www.nnlm.gov.



HOW TO TRUST A SITE

Tom Ferguson, M.D., who publishes "The Ferguson Report," an electronic newsletter for health-care professionals, believes most Internet users try to gather information wisely and check it out with their doctors. Even if you're just getting started, you too can become a Web-savvy consumer by asking these questions:

- Who is the site's sponsor or owner? Many sites are backed by companies whose primary purpose is to publicize or sell medications, products, or devices. Others are special-interest groups eager to promote an agenda. The About Us section will reveal the publisher and mission.
- Is the information credible? Who provides it, and what are their credentials? Is it based on scientific findings?
- Is the information timely? For the latest medical tests, technology, and treatment options, you need current information, with dates posted when revisions were made.
- Does the site state its ethics, advertising, and privacy policies? Look for organizations with the "HON" seal, a promise to maintain conduct standards set by the Health on the Net Foundation. Many top Web sites have formed Hi-Ethics, an alliance to develop guidelines and an accreditation program for sites. The American Accreditation HealthCare Commission makes these standards verifiable through its Health Web Site Accreditation Program (www.urac.org), says Donald Kemper, chief executive of Healthwise, Inc., a not-for-profit information center.
- Does the site peddle "miracle" cures? The nonprofit site www.quackwatch.com reveals health frauds and myths.
- Are you reviewing information at various sites, not just one? Kaiser Permanente sponsors The Health Information Check Up (www.kp.org/hicheckup), which can help you judge reliability.


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your free video Inside Eczema, call 1-800-940-6351
topic Ointment can be used for patients with moderate to severe eczema who do not respond well to or who may have side effects with traditional
atments. It can be used for short or repeated periods of treatment. Protopic is prescribed for adults in concentrations of 0.03% and 0.1% and for
dren, aged 2 to 15 years, in the 0.03% concentration only.
e most common side effects with Protopic were usually limited to stinging, burning, and itching upon application. The more severe and widespread
eczema, the greater the likelihood of these sensations. Skin irritations were short lasting, occurred early in treatment, and rarely required
continuation of treatment. Avoid direct sunlight, tanning salons, and phototherapy. Wear loose-fitting clothing to protect skin from the sun.
not cover the skin being treated with bandages, dressings, or
ly your healthcare professional can weigh the risks and benefits of a prescription medication and decide if this medication is the right
one for you. Please see important product information on the next page.
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Fujisawa
45670/Issued: December 2000

PATIENT INFORMATION ABOUT

Protopic®
(tacrolimus)
Ointment

Read this important information before you start using PROTOPIC [pro-TOP-ik] Ointment and each time you refill your prescription. There may be new information. This summary is not meant to take the place of your doctor's advice.

What Is PROTOPIC?
PROTOPIC Ointment is a prescription medicine that is used to treat eczema (atopic dermatitis). It is for adults and children age 2 years and older. You can use PROTOPIC for short or intermittent long periods of treatment. Intermittent means starting and stopping repeatedly, as directed by your doctor. You can use it on all affected areas of your skin, including your face and neck.

Who should not use PROTOPIC?
Do not use PROTOPIC if you are

- breastfeeding
- allergic to PROTOPIC Ointment or any of its ingredients. The active ingredient is tacrolimus. Ask your doctor or pharmacist about the inactive ingredients.

Before you start using PROTOPIC, tell your doctor if you are:

- using **any** other prescription medicines, non-prescription (over-the-counter) medicines, or supplements
- receiving any form of light therapy (phototherapy, UVA or UVB) on your skin
- using any other type of skin product
- pregnant or planning to become pregnant

How Do I Use PROTOPIC?
Use PROTOPIC only to treat eczema that has been diagnosed by a doctor.

- Wash your hands before using PROTOPIC.
- Apply a thin layer of PROTOPIC to all skin areas that your doctor has diagnosed as eczema. Try to cover the affected areas completely. Most people find that a pea-sized amount squeezed from the tube covers an area about the size of a two-inch circle (approximately the size of a silver dollar).
- Apply the ointment twice a day, about 12 hours apart.
- Before applying PROTOPIC Ointment after a bath or shower, be sure your skin is completely dry.
- Do not cover the skin being treated with bandages, dressings or wraps. Unless otherwise instructed by your doctor, do not apply another type of skin product on top of PROTOPIC Ointment. However, you can wear normal clothing.
- Do not bathe, shower or swim right after applying PROTOPIC. This could wash off the ointment.
- If you are a caregiver applying PROTOPIC Ointment to a patient, or if you are a patient who is **not** treating your hands, wash your hands with soap and water after applying PROTOPIC. This should remove any ointment left on the hands.
- Use PROTOPIC only on your skin. Do **not** swallow PROTOPIC.

Because 2 strengths of PROTOPIC are available for adult patients, your doctor will decide what strength of PROTOPIC Ointment is best for you.

Many people notice that their skin starts to improve after the first few weeks of treatment. Even though your skin looks and feels better, it is important to keep using PROTOPIC as instructed by your doctor.

If you do not notice an improvement in your eczema or if your eczema gets worse within the first few weeks of treatment, tell your doctor.

What Should I Avoid While Using PROTOPIC?

- Avoid sunlight and sun lamps, tanning beds, and treatment with UVA or UVB light. If you need to be outdoors after applying PROTOPIC, wear loose fitting clothing that protects the treated area from the sun. In addition, ask your doctor what other type of protection from the sun you should use.

- Check with your doctor or pharmacist before you
  - start taking any new medicines while using PROTOPIC.
  - Start using any other ointment, lotions, or creams on your skin.

What Are The Possible Side Effects of PROTOPIC?
The most common side effects of PROTOPIC are stinging, soreness, a burning feeling, or itching of the skin treated with PROTOPIC. These side effects are usually mild to moderate, are most common during the first few days of treatment, and typically lessen if your skin heals.

Less common side effects include acne, swollen or infected hair follicles, headache, increased sensitivity of the skin to hot or cold temperatures, or flu-like symptoms [common cold and congestion (stuffy nose)]. Some people may get skin tingling, upset stomach, herpes zoster (chicken pox or shingles), or muscle pain. While you are using PROTOPIC, drinking alcohol may cause the skin or face to become flushed or red and feel hot. Call your doctor if side effects continue or become a problem.

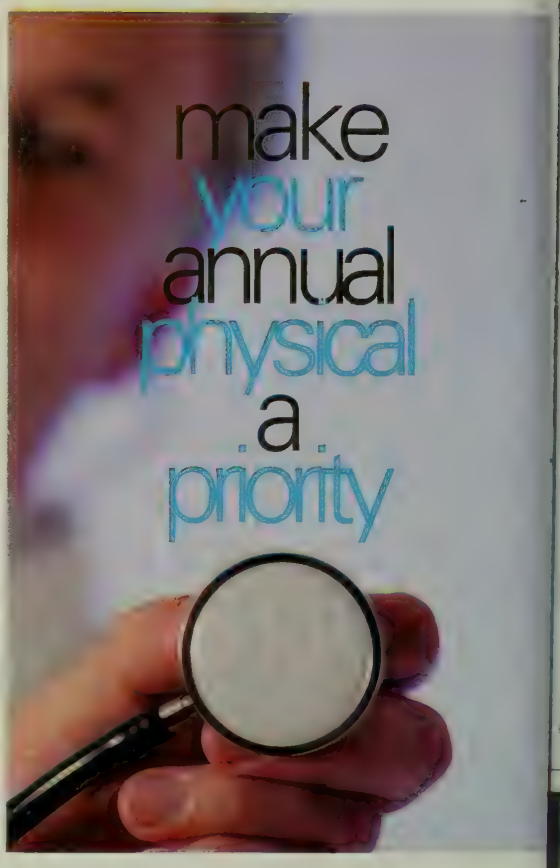
How Should I Store PROTOPIC?
Store PROTOPIC at room temperature (59° to 86°F). For instance, never leave PROTOPIC in your car in cold or hot weather. Make sure the cap on the tube is tightly closed. Keep PROTOPIC out of the reach of children.

General Advice about Prescription Medicines
Do not use PROTOPIC for a condition for which it was not prescribed. If you have any concerns about PROTOPIC, ask your doctor. Your doctor or pharmacist can give you information about PROTOPIC that was written for health care professionals. For more information, you can also visit the Fujisawa Internet site at www.fujisawa.com or call the PROTOPIC Help Line at 1-800-727-7003.

Fujisawa Healthcare, Inc.
Deerfield, IL 60015
www.fujisawa.com

45670
Issued: December 2000

by Barbara Boreen



Do it in three easy steps.

1. Get ready. Call for an appointment.

Most New Year's resolutions, like losing weight or getting out of debt, take time. But getting ready for your yearly checkup is doable—and crucial in preventing or detecting illness. Think of this visit as a yearly ritual. Schedule it during the month of your birthday or wedding anniversary.

☐ When you set up your appointment, make sure your physician accepts your health insurance plan. You should feel comfortable and confident about your doctor. If you're looking for a new one, remember that physicians are not a "one-size-fits-all" product. Find one that suits your needs. Ask friends or coworkers for recommendations.

☐ Emphasize that you want an annual physical. Ask about anything you should do ahead of the visit, such as fasting (nothing to eat or drink) for two to 12 hours before your appointment (for lab work).

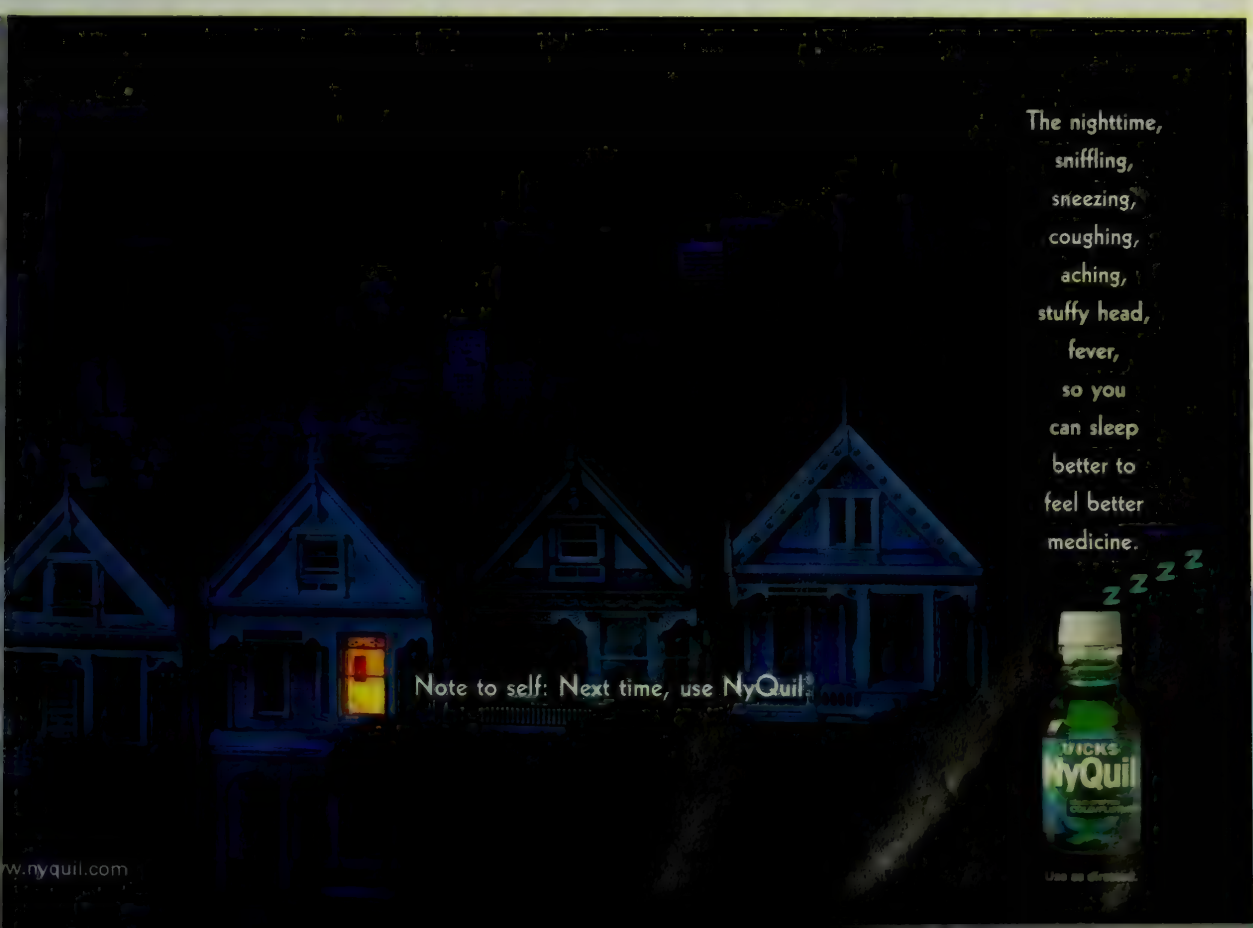
2. Get set. Do your homework.

Organize a system to track your health history. Keep records in a notebook or on a computer.

- ☐ **Your previous health history** Any health problems (heart disease, high blood pressure, and diabetes); childhood illnesses and immunization status (tetanus and measles); the dates of your last Pap smear, mammogram, and eye exam; and other pertinent information.
- ☐ **Your previous surgical history** Surgeries, where they were performed, and when (month and year).
- ☐ **Your family history** Health problems (such as heart disease, breast cancer, and diabetes) that your father, mother, siblings, or children may have (had); if possible, the previous health status, age, and cause of death of deceased family members.
- ☐ **Your social history** Tobacco use (how many packs of cigarettes per day and how long you have been smoking), alcohol intake (what you drink and how often), marital status, children, and employment.
- ☐ **Your gynecological history** Date and results of your last mammogram and Pap smear (note where your tests were performed); any previous history of sexually transmitted diseases; any recurrent yeast infections, painful intercourse, irregular menstrual cycles, or difficulty urinating.
- ☐ **Your allergies** The type of reaction you experienced (such as a rash and breathing difficulties) and whether it was caused by medications, foods, or environmental agents.
- ☐ **Your current level of health** What is your overall level of health? Are you feeling tired or sensing any changes in your ability to perform your daily duties? List any frequent problems you may be experiencing (headaches, urinary frequency, or lack of bladder control).
- ☐ **A list of any medications** you may be taking on a scheduled or as-needed basis (it is essential that you write down all prescription drugs, over-the-counter medications, birth control methods, or vitamin/herbal supplements, including dose size and frequency).

Organize a system for health history. Keep records in a notebook or on a computer.

continued on page 116





Annual Physical continued from page 115

3. Go!

Arrive at least 15 minutes early so you can fill out all of the necessary paperwork (insurance information, vital information, and past health history). Once you have finished, sit back and relax.

☐ **Lab work** Have your blood checked regularly (depending on your current level of health). Your physician may check your hematocrit and hemoglobin (to help identify anemias or chronic blood loss), your blood urea nitrogen (BUN) and creatinine (to check kidney function), your electrolytes, and your cholesterol levels. Getting a urine sample is common.

☐ **EKG and/or chest X-ray** Your doctor may recommend these tests to help identify any problems with your heart or lungs. He or she will take into account your age, health history, lifestyle behaviors, and current health status. If you're a smoker, you'll probably undergo a chest X-ray.

☐ **Talking to your physician** Time with your physician is important, and limited, so be prepared. Bring a list of questions so you can cover all of your health concerns. Expect your doctor to spend 15 to 20 minutes with you. You should not feel rushed. Discuss any headaches or dizziness, chest pain, shortness of breath, chronic cough, changes in your bowel habits (dark or blood-tinged stools, diarrhea, constipation), difficulties with urination or continence, muscular pains, difficulty walking, or any changes in your overall health.

☐ **The physical** Your physician should do a head-to-toe physical exam including:

- Vital signs: blood pressure, heart rate, respiration (breathing) rate, body temperature, height, and weight.
- Neurological exam: your reflexes, eye movement, hearing, and sense of balance.
- Cardiovascular exam: a check of the heart and lungs with a stethoscope, as well as a check of the arteries in your neck (carotid arteries) for any abnormalities.

Time with your physician is limited, so be prepared. Bring a list of questions to cover your health concerns.

- Gynecological exam: A thorough breast exam by your physician on an annual basis (take the opportunity to review your own self-breast exam technique with your physician); a vaginal and rectal examination to identify any abnormalities in the uterus or vaginal canal, with results of your Pap smear (common annual exam) sent within two weeks (ask your physician about the timing).
- Skin exam: A complete head-to-toe check to assess any changes in color or texture of your skin as well as an inspection of moles for changes. Skin cancer can be a life-threatening disease, and an annual skin examination is essential.

☐ **Additional items to review:**

- **Risk factor identification** Go over any risk factors you may have for heart disease, cancer, diabetes, and other problems. Practice lifestyle behaviors, such as limiting alcohol intake or not smoking, that may help lower your risk. Follow your doctor's advice on taking preventive action, such as managing blood pressure, lowering fat intake, and staying physically active.
- **Diet** Strive for a balanced diet of vegetables, fruits, protein, and carbohydrates. If you need guidance, ask for a referral to a registered dietitian.
- **Exercise** Combine aerobic activities (such as walking, swimming, or bike riding) with resistance training (working out with weights) for 20 to 30 minutes at least three times weekly.
- **Mental health** If you've been feeling anxious, irritable, or depressed, talk with your doctor.

—Barbara Boreen, who has a Master of Science in Nursing degree, is a nurse practitioner.

Stand by your man

Men do not have to get Pap smears as part of their annual physical. But those older than 50 may need a thorough prostate examination (a positive family history of prostate cancer may indicate earlier screening). Prostate cancer is the most commonly diagnosed cancer among the men in our country. Both digital rectal examinations and PSA (prostate-specific antigen) serum levels are helpful in detecting prostate cancer, according to the American College of Physicians. Be sure you discuss the need for prostate screening with your physician.



Beyond Cholesterol?

For years, researchers have tried to find another way—in addition to measuring cholesterol—to more precisely predict who will develop cardiovascular disease. Now they may have found one. Some experts say that high levels of C-reactive protein (CRP) can indicate greater risk of heart attack.

CRP is produced in response to inflammation, which is the immune system's way of dealing with injury. This protein exists in low concentrations in healthy people. However, people with coronary heart disease may have elevated CRP levels years before a heart attack. Recent studies show that a CRP level of 2 mg/L is suggestive of increased heart attack and stroke risks, while a CRP level of 0.7 mg/L is considered low risk, according to the *Harvard Heart Letter*.

Blood clots that cause heart attacks and strokes occur when fatty deposits (known as plaques) in the arteries become inflamed and rupture, blocking blood flow, according to cardiologist Paul M. Ridker, M.D., of Boston's Brigham and Women's Hospital. "CRP levels tell us about the likelihood that the plaque will actually rupture," says Ridker. Compared to someone with low CRP, a person with high levels of the protein is three or four times more likely to have a heart attack or stroke, he says.

Exercise, weight loss, and not smoking all reduce CRP levels. Ridker and colleagues showed that people who lowered their CRP with statins, drugs prescribed to lower cholesterol, cut their heart disease risk almost in half.

Is it possible for your doctor to measure your CRP level? The *Harvard Health Letter* noted that reliable, high-sensitivity tests are not yet widely available. It also said that such tests would not be very useful until CRP target levels are determined for men and women of all ages and ethnic backgrounds.

During your annual physical, do ask your doctor to review these relatively new guidelines for cholesterol levels:

- Total cholesterol: Normal levels are less than 200 mg/dL; borderline high, 200–239 mg/dL; high, more than 240 mg/dL.
- LDL ("bad" cholesterol): Optimal levels are less than 100 mg/dL; near to optimal, 100–129 mg/dL; borderline high, 130–159 mg/dL; high, 160–189 mg/dL; very high, more than 190 mg/dL.
- HDL ("good" cholesterol): Levels of 60 mg/dL or higher may lower your risk for developing heart disease. Levels less than 40 mg/dL are considered a major risk factor.

Speak Easy—If Your Child Stutters

About 80 percent of children who stutter develop more fluent speech by young adulthood. And early treatment can prevent a mild case from turning severe. Parents have a critical role to play in helping children live with stuttering. Jane Fraser, president of the Stuttering Foundation of America, offers these tips: 1) Never tell a stuttering child to "slow down"; 2) speak in a relaxed manner, with frequent pauses, using short, simple sentences; 3) use fewer direct questions, which may make your child feel pressured to answer quickly; 4) give your child time to respond when he or she is ready; and 5) focus on what your child is saying, not how.

For information, log on to www.stutteringhelp.org or call 800/992-9392.



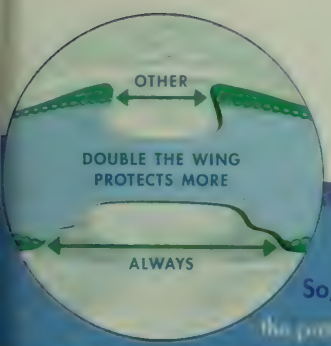
OPEN HEARTS, MINDFUL GIVING

Americans have donated generously to disaster relief and recovery. "As we continue to think nationally, let us not forget to help locally," says Sara E. Meléndez, president and CEO of the Independent Sector, a coalition of nonprofit organizations, foundations, and corporations. Nonprofits feed the hungry, house the homeless, provide health care, and do so much more.

To get involved, contact FamilyCares (914/533-1101, www.familycares.org), which promotes projects that help parents teach their children about social issues, such as homelessness, hunger, and illness. The Volunteer Center National Network, sponsored by The Points of Light Foundation (202/729-8000, www.pointsoflight.org), can connect you with causes in your area.

If you're in good health and weigh at least 110 pounds, you can donate a unit of blood as often as every eight weeks. A single donation can save up to three lives.
—American Red Cross

YOU'D NEVER SUFFER THROUGH A RAZOR THAT WORKED 50% OF THE TIME.



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Experts know Welch's White Grape Juic is the gentle juice.

There are many clear juices you can choose for your bab but they're not all digested the same. Medical studies ha found that white grape juice is easier to digest than pear even apple juice. That's because white grape juice doesn contain sorbitol and has the proper balance of carbohydrat for better absorption. For more information on th benefits of white grape juice, ask your pediatricia Then consult your own little expert.

Welch's 100% White Grape Juice
The right choice for your baby's first juice.

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BH&G kids



playful puppets

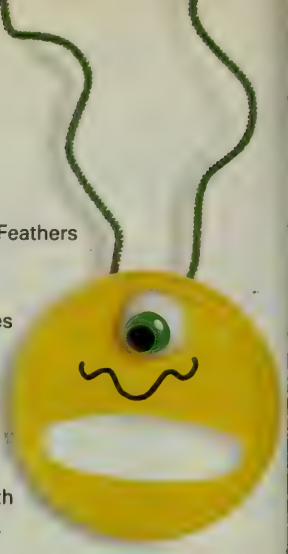
We've got to hand it to you, these finger puppets are bundles of fun. Want to impress your family and friends with your very own puppet show? All it takes is a little time, a few easy-to-find items, and a colorful imagination.

continued on page 122

 continued from page 121

Plastic Lid Puppets

What you need: Colored plastic lids ■ Doll eyes ■ Feathers ■ Pom-poms ■ Chenille stems ■ Crafts glue



1. Have a parent help you poke holes for the eyes and cut a mouth in each lid. (Did you see the other Lid Puppets on *page 121?*) Push doll eyes through the holes and slide on the backings to secure eyes in place. 2. Poke the tip of a feather or chenille stem through the rim of the lid for hair. 3. Glue on a pom-pom for a nose. 4. Draw a mouth over the finger hole with paint markers, if desired.



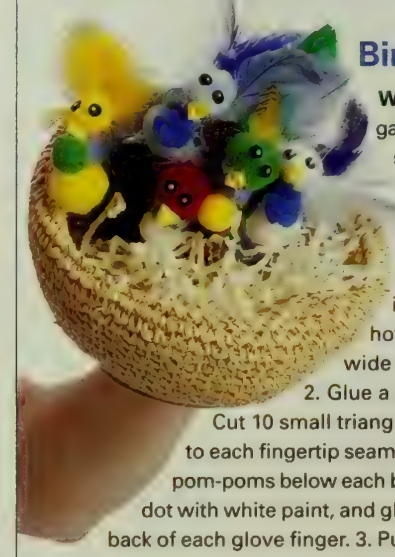
Any more calcium, it would moo.



Just one bowl of SpaghettiOs® Plus Calcium pasta has as much calcium as a glass of milk for strong teeth and bones.

Good for them. Good for you.

Bird Nest Puppets



What you need: Small straw hat ■ Small blue garden glove ■ 15 pom-poms (assorted colors/sizes) ■ Colored feathers ■ Yellow and black craft foam scraps ■ Hot-glue gun ■ Hole punch ■ Shredded paper ■ Crafts glue

1. Cut a hole slightly smaller than a wrist in the top of the hat. Seal the edge with hot glue. Turn the hat upside down. Roll a wide rim to create a rounded nest shape. 2. Glue a pom-pom to each fingertip of the glove. Cut 10 small triangles from yellow craft foam, and glue two to each fingertip seam just below the pom-pom. Glue two more pom-poms below each beak. Punch 10 eyes from black craft foam, dot with white paint, and glue two to each head. Glue feathers to the back of each glove finger. 3. Push the bottom of the glove into the nest.

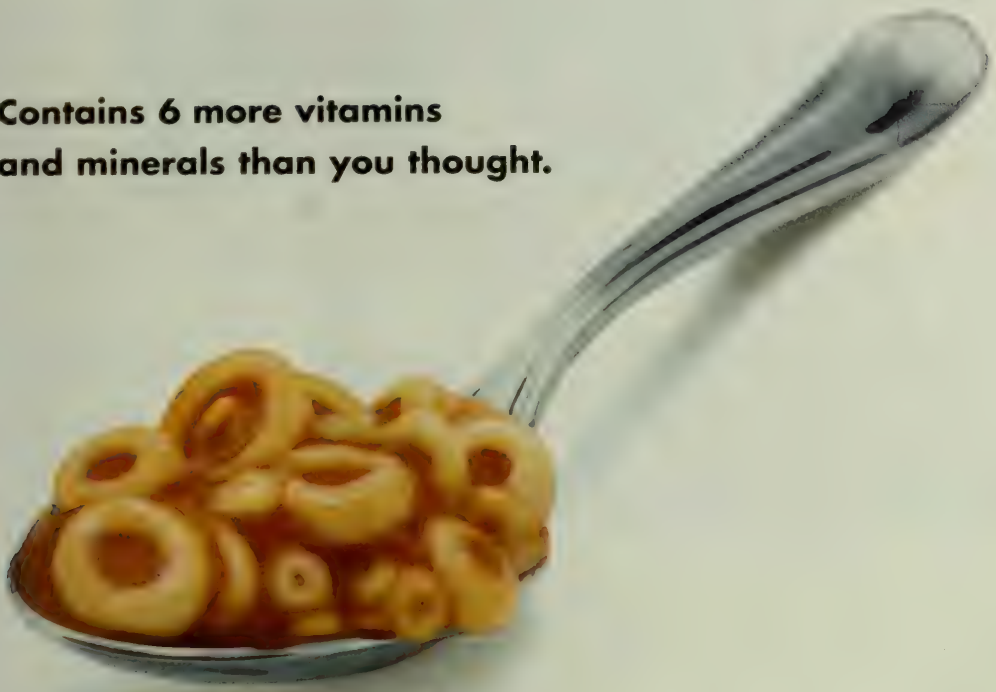
Flowerpot Puppets

What you need: Small fabric-lined hat ■ Small garden glove ■ Blue, red, yellow, and green craft foam ■ 5 medium yellow pom-poms ■ 10 plastic eyes ■ Black craft wire or black plastic-coated paper clips ■ Crafts glue ■ Hot glue



1. Cut a hole slightly smaller than a wrist in the top of the hat. Seal the edge with hot glue. Turn the hat upside down and fold down the rim. 2. Cut flowers from craft foam. Attach a flower to each fingertip of the glove with crafts glue. Glue a pom-pom to the center of each flower. 3. Bend a small length of wire into a smile. Bend the ends 45 degrees, and glue to pom-poms. Glue eyes on each pom-pom. 4. Cut leaves from craft foam and glue to glove fingers. 5. Push the bottom of the glove into the flowerpot.

Contains 6 more vitamins and minerals than you thought.

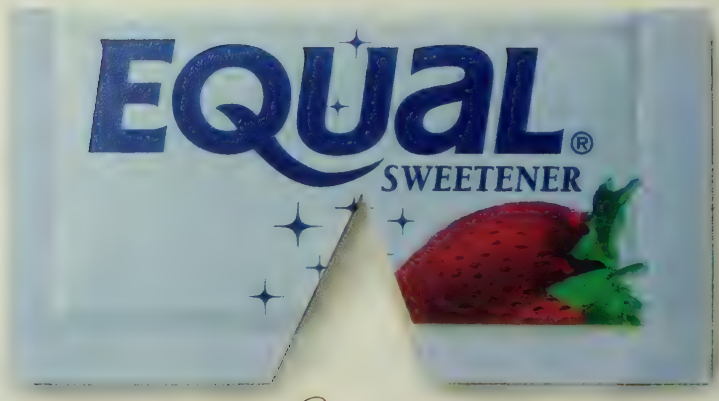


While your kid loves SpaghettiOs® pasta for the taste, you can love it for the Vitamin A, iron, full serving of veggies and grains and other good stuff. Talk about a happy family.

Good for them. Good for you.



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Go ahead.
Enjoy the holidays.



Equal® Cheesecake

39% calorie reduction from traditional recipe

1-1/4 cups vanilla wafer crumbs
4 tablespoons margarine, melted
3 packets **EQUAL** sweetener or
1 teaspoon Equal® for Recipes or
2 tablespoons Equal® Spoonful™

2 packages (8 ounces each) reduced-fat cream cheese, softened
1 package (8 ounces) fat-free cream cheese, softened
18 packets **EQUAL** sweetener or
5-1/2 teaspoons Equal® for Recipes or
3/4 cup Equal® Spoonful™

2 eggs
2 egg whites
2 tablespoons cornstarch
1 cup reduced-fat sour cream
1 teaspoon vanilla

+ Mix vanilla wafer crumbs, margarine and 3 packets Equal® in bottom of 9-inch spring form pan. Reserve 1 tablespoon of crumb mixture. Pat remaining mixture evenly on bottom and 1/2 inch up side of pan. Bake in preheated 350°F oven until crust is lightly browned, about 8 minutes. Cool on wire rack.
+ Beat cream cheese and 18 packets Equal in large bowl until fluffy, beat in eggs, egg whites and cornstarch. Mix in sour cream and vanilla until well blended. Pour mixture into crust.
+ Place cheesecake in roasting pan on oven rack, add 1 inch hot water to roasting pan. Bake in preheated 300°F oven just until set in the center, 45 to 60 minutes.
+ Remove cheesecake from roasting pan, sprinkle with reserved crumbs and return to oven. Turn oven off and let cheesecake cool 2 hours in oven with door ajar. Refrigerate 8 hours or overnight.

Makes 16 servings

Per serving: [illegible] g protein, [illegible] mg sodium

For more delicious recipes using Equal, visit www.equal.com

buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Sew Easy Windows

Page 21: swing-arm curtain rods, "Acorn Swing Rod"—Rue de France; 800/777-0998; www.ruedefrance.com. **Paint on wall,** TH-39 (Canterberry Brick)—Behr Paint through Home Depot; www.homedepot.com. **Fabric for curtain,** 2870 Warsaw Linen (Natural)—Henry Calvin Fabric; 888/732-1996; www.henrycalvin.com.

Page 22: paint on wall, BHG-78 (Shade Tree)—Behr Paint through Home Depot; www.homedepot.com. **Fabric for shades,** Garden Toile (Sage)—Calico Corners; 800/213-6366. **Fabric on back of shade,** 665460, Tribal Tapestry (Sage)—Waverly; 800/423-5881.

Page 24: wood café rod, 10082, **rings,** 10084—Rue de France; 800/777-0998; www.ruedefrance.com. **Table runner curtain,** 51-2195543, St. Remy—Williams-Sonoma; 800/541-2233. **Paint on wall,** TH-65 (Majolica Ming)—Behr Paint through Home Depot; www.homedepot.com.

Page 26: curtain rods, 866 Duro Drape Rod with Regency Finial; rings, 859; **hold backs,** 668; **all items in brushed nickel**—Smith + Noble; for a catalog call 800/765-7776. **Sheet used as curtain,** Bistro Linen—Garnet Hill; 800/622-6216; www.garnethill.com.

Ways with Entries

Page 30: galvanized magazine rack, 85-1115088—Pottery Barn; 800/922-5507; www.potterybarn.com.

Page 32: Thomas baskets, 85-4000758, set of 2—Pottery Barn; 800/922-5507; www.potterybarn.com.

Built-Ins Around the House

Page 38: architect—Sabrina Foulke, Sawhorse, Inc.; 404/256-2567. **Countertop** (Sierra Jade)—DuPont Corian; 800/426-7426. **Toilet, sink, faucet, and shower**—Kohler Co.; 800/456-4537.

Page 40: kitchen designer—Dawn Sullivan, Allied Member, ASID, DAS Interiors; 760/754-8388. **General contractor**—Johansen Construction and Tile; 760/741-6834. **Mixer**—KitchenAid; 800/422-1230. **Tile flooring,** "Coliseum Stone"—European Tile Art; 858/452-5090. **Custom cabinets**—DAS Interiors; 760/754-8388.

Pages 42-43: architect—Chase Corker, Wm. Chase Corker Architecture/Interiors, Inc.; 214/321-6121. **Interior designer**—Sara King Andrews, ASID; 214/559-0536. **Contractor**—Forrest Construction, 10440 Rosser Cr., Dallas, TX 75229. **Bench seat fabric,** "Gingham Check" (Black); **pillow fabrics,** "Cranberry-Chatham," and "Springfield-Willow"—Cowtan and Tout; 212/647-6900. **Custom lamps**—Sara King Andrews, ASID; 214/559-0536.

Page 44: contractor—Gary Milici, Coastline Construction, Inc.; 206/522-2139. **Paint for ceiling,** "#BM1/2 920"; **trim,** "#BM920"; **window,** #BM920—Benjamin Moore & Co.; 800/826-2623. **Wall paint** (Hubbard Squash)—The Sherwin-Williams Co.; 800/474-3794. **Sleigh bed,** "British Colonial" (Dark Cherry)—Ethan Allen Inc.; 800/228-9229. **Light fixture over bed,** "Tiffany Swing Arm," #TF8156Z—Quoizel, Inc.; 631/273-2700. **Glass-top table, throw**—Capers; 206/932-0371. **Full extension door slides**—Accuride International, Inc.; 562/903-0200. **Handle on pullout,** "#752"; **bin pull** (Bronze)—Colonial Bronze Co.; 860/489-9233.

Our Picks 2002

Pages 51-56: Blue Butterfly delphinium—Thompson & Morgan; 908/363-2225; free catalog. **David phlox**—Niche Gardens; 919/967-0078; catalog $3. We-Du Nurseries; 704/738-8300; catalog $2. **Daydream tulip**—Brent and Becky's Bulbs; 877/661-2852; free catalog. **John Cabot rose**—Antique Rose Emporium; 800/441-0002; catalog $5. Carroll Gardens; 800/638-6334; catalog $3. Heirloom Old Garden Roses; 503/538-1576; catalog $5. High Country Gardens; 800/925-9387; free catalog. **Starry Night rose**—Edmunds' Roses; 503/682-1476; free catalog. **Jackmanii clematis**—Girard Nurseries; 440/466-2881; free catalog. Wayside Gardens; 800/845-1124; free catalog. **Cerinthe major purpurescens**—Thompson & Morgan; 908/363-2225; free catalog. **Sparkler Blush cleome**—Harris Seeds; 800/514-4441; free catalog. J.W. Jung Seed Co.; 414/326-3121; free catalog. Park Seed Co.; 800/845-3369; free catalog. Stokes Seed Co.; 800/263-7233; free catalog. **Variegated weigela**—Greer Gardens; 541/686-8266; catalog $3. Forestfarm; 541/846-7269; catalog $5. **Chionanthus virginicus**—Gossler Farms Nursery; 541/746-3922; catalog $2.

A Simple Style

Pages 62-63: rattan ottoman (without cover), "Dalby"—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Wicker Parsons chairs**—House 2 Home; 877/980-7467.

Pages 64-65: chair and ottoman custom upholstery—David Dalton & Assoc.; 323/525-3155.

Pages 66-67: flooring, Forum Solids—Congoleum; 609/584-3000. **Hardware**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Light fixture**—Elegant Lighting; 310/473-1331. **Blinds**—Smith + Noble; for a catalog call 800/765-7776. **White and cream tile on backsplash**—Mission Tile West; 626/799-4595. **Barstool,** Jussi—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Cabinetry**—Tom Wolfe & Sons; 909/392-0990.

Pages 68-69: contractor—Mark Snashall, Chelsea Construction; 818/244-5185. **Designer**—Terri Julio Designs; 626/447-5370. **Cotton duck chair cover,** 85-3389715—Pottery Barn; 800/922-5507; www.potterybarn.com. **Desk, tabletop, galvanized bins**—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Bathroom hardware**—Restoration Hardware; 888/243-9720; www.restorationhardware.com. **Headboard, nightstand, dresser**—Dovetail Furniture; 310/559-9431.

Suite Redos

Pages 74-75: architect—Patricia Brennan Architects; 206/328-2886. (***Top left***): **tile**—Ann Sacks Tile & Stone; 800/278-8453. **Stone wheel**—A Garden of Distinction; 206/763-0517. **Lights over tub,** Translite Systems, "3 Wishes #237"; **sink,** "Concerto Parete"—Highlights Lighting; 310/399-8210. **Tub,** "Vintage Bath K700" with adjustable feet; **drain stopper**—Kohler Co.; 800/456-4537. **Tub fixtures, hand sprayer, sink**—Hansgrohe; 800/719-1000. **Frosted glass panels**—Courtesy Glass, Inc.; 253/931-1315. (***Bottom left***): **closet shelving**—Custom Closet Co.; 425/455-4115. **Windows and skylights**—Lindal Building Products; 800/628-5328. (***Right***): **wall mirror, antique lamps**—personal belongings. **Love seat**—Masins Furniture; 425/450-9999. **Windows**—Lindal Building Products; 800/628-5328. **Bedding**—Mia Fioravanti; 206/323-7738. **Decorative pillows**—Zanadia, Wallingford Center; 206/547-0884.

Pages 76-77: designer—Sechrist Design; 206/723-1147. **Contractor**—D. J. Development; 425/359-7480. **Landscaping**—City People's Design & Landscaping; 206/324-0963. (***Left***): **windows**—Milgard Windows; 800/645-4273. **Fabric blinds,** "Union Linen" (Parchment)—Pindler & Pindler, Inc., available through designer; **custom sueded bed covering,** "Chaps" (Fawn, Harvest, Copper, Buckskin)—Sechrist Design; 206/723-1147. **Bedside lamps, Chinese table, and Korean chest**—antiques. **Pine bed**—IKEA; in U.S., 800/434-4532; in Canada, 800/661-9807. (***Center***): **sinks,** "Vintage"; **faucets,** "Revival"—Kohler Co.; 800/456-4537. **Tile,** "Old Stone" (Santifiori)—Italgraniti, through Seattle Tile Co.; 206/782-1985. **Rug**—Sundance Catalog Co.; 800/422-2770. **Custom cabinetry**—no source. **Shower door**—Alumax Bath Enclosures, a product of Alcoa; 800/643-1514. **Showerhead**—Grohe America, Inc.; 630/582-7711. **Custom lighting**—Antique Lighting Co.; 206/622-8298. (***Right***): **chair and ottoman**—personal belongings. **Bombay chest**—The Bon Marché; 206/344-2121. **Outdoor deck furniture**—Restoration Hardware; 888/243-9720. **Wall paint** (Green)—The Ralph Lauren Home Collection; 212/642-8730. **Wall paint** (Neutrals)—Benjamin Moore & Co.; 800/826-2623. **Turkish natural dye carpet**—no source. **Lighting**—Antique Lighting Co.; 206/622-8298. **Ceiling fan**—Casablanca Fan Co.; 888/227-2178.

Pages 78-79: architect for bedroom, nursery, dressing area—Carolyn Walker Davis, AIA; 415/457-0570. **Contractor for bedroom, nursery**—Dave Wallace, Project Manager, Millsap, Degnan & Assoc.; 415/453-6793. **Built-in cabinetry in bedroom**—Theo Steinbach, Steinbach Cabinet Shop; 415/453-7322. **Bath remodel design, interior design for master bedroom**—Carol S. Shawn, Interior Design; 415/924-5621. **Bath remodel construction and custom cabinets**—Pete Senter Co.; 415/457-3312. (***Left***): **crib, bedding, lamp, moon, and stars stencil application**—Mudpie Homeworks; 415/673-8060. **Moon carpet**—Pottery Barn; 800/922-5507. **Windows**—Marvin Windows; 888/537-8268. (***Right***): **bed linens, pillows, and throws**—Summer House Gallery; 415/383-6695. **Bedside lamp with black decoupage shade**—Sunrise Home; 415/456-3939. **Carpet**—Rafael Carpet; 415/456-5016. **Windows**—Marvin Windows; 888/537-8268.

Page 80 (*right*): towels (Beige, White); **terry slippers, toiletries, and accessories**—Summer House Gallery; 415/383-6695. **Tile, countertop**—Miconi Marble & Tile; 415/454-6844. **Custom cabinets**—Pete Senter Co.; 415/457-3312. **Bathtub and faucet, sink**—Kohler Co.; 800/456-4537. **Sink faucets**—Newport Brass; 714/436-0805. **Light fixtures,** "Mirage"—Electrics; 415/258-9996. **Custom window treatment**—Carol S. Shawn, Interior Design; 415/924-5621. (***Bottom left***): **flooring** (Red Oak); **built-in entertainment center**—Dave Wallace, Project Manager, Millsap, Degnan & Assoc.; 415/453-6793. **Large pocket watch in entertainment center**—Pottery Barn; 800/922-5507. **Chaise lounge**—Carol S. Shawn, Interior Design; 415/924-5621.

Nibbles 'n' Bits

Page 83: tumbler, "Limoges" porcelain, by Mariposa—through Forty Five Ten; 214/559-4510.

Pages 84-85: dinner plate, "Limoges" porcelain, by Mariposa—through Forty Five Ten; 214/559-4510. **Tumbler,** "Virebent"—through Forty Five Ten; 214/559-4510.

Pages 87-88: bowl, "Limoges" porcelain, by Mariposa—through Forty Five Ten; 214/559-4510. **Serving dishes,** Crate and Barrel; 800/996-9960; www.crateandbarrel.com.

Page 89 (*top*): dinner plate; (*bottom*) rice bowls, "Limoges" porcelain, by Mariposa—through Forty Five Ten; 214/559-4510.

Pages 83-89: all other items—antique, discontinued, or personal belonging.

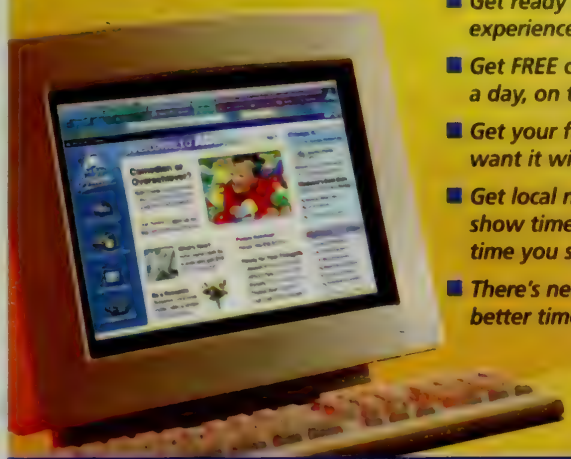
Page 100: square plate, "Cosi"—through Forty Five Ten; 214/559-4510.

Reader Shopping

Page 58: Our Picks: Roses—Edmunds' Roses, 6235 SW. Kahle Rd., Wilsonville, OR 97070. **Annuals**—Seeds of the World, A Division of J.W. Jung Seed Co., 571 Whaley Pond Rd., Graniteville, SC 29829. **Tree, shrub, and vine**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157. **Perennials**—Prairie Perennials, 11125 South 14th, Roca, NE 68430; www.papagenos.com.

Page 94: Round Cookie Cutters—Ateco, 36 Sea Cliff Ave., Glen Cove, NY 11542. **Mini Muffin Tins**—Fox Run, 1907 Stout Dr., Ivyland, PA 18947.

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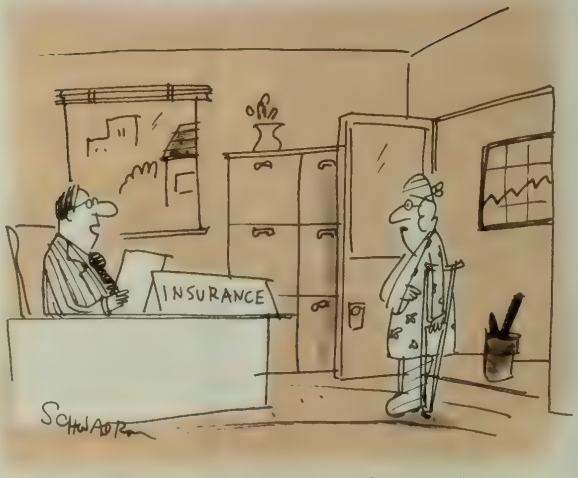
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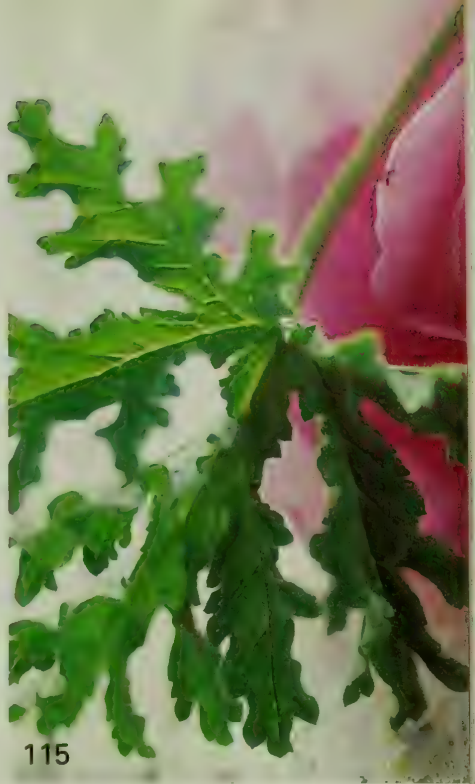





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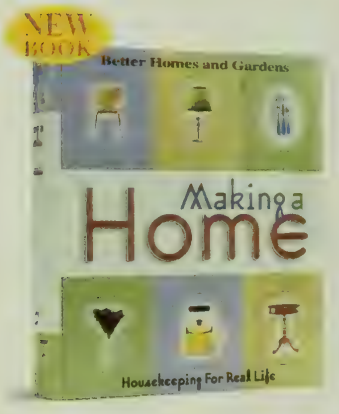
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- 3 large eggs, divided usage
- 1 package Duncan Hines® Moist Deluxe® Devil's Food Cake Mix, divided usage
- 1 1/4 cups water
- 1/2 cup oil
- 1 can Duncan Hines® Creamy Home-Style Chocolate Frosting
- cocoa powder, optional
- chocolate shavings, optional

1. Preheat oven to 350°F. Grease and flour 2 8-inch-round pans according to package directions.

2. In a mixing bowl, combine cream cheese, 2 tablespoons coffee powder, 1 egg and 1/4 cup cake mix. Blend until smooth and creamy.

3. Blend together remaining cake mix, water, oil and 2 eggs in a large bowl at low speed until moistened. Beat at medium speed for 2 minutes. Divide batter into 2 8-inch-round pans. Dollop cream cheese mixture on top of batter by heaping tablespoonfuls. Swirl into batter using a knife or spatula.

4. Bake and cool according to package directions.

5. Mix remaining tablespoon of coffee powder into frosting. Blend completely before frosting top and sides of cake. Garnish cake by sifting cocoa powder over top and decorating with chocolate shavings, if desired.

6. To make chocolate shavings, pull a vegetable peeler over the surface of a block of room-temperature milk chocolate or semi-sweet chocolate. Use even, steady strokes to make thin curls of chocolate. Gently transfer curls to cake using a toothpick or skewer.

Makes 12 servings.

For more irresistible recipes, visit www.duncanhines.com

Duncan Hines
Create Your Own

from the editor

This issue's story on mother/daughter decorating (see *page 125*) really hits home with me.

As a young teenager, I immersed myself in my mother's home magazines. When I wanted to re-create something for my own room that was shown in a photo, Mom would guide me to a reasonable interpretation. While I was allowed to "express myself" by choosing bright orange shag carpet, she did draw the line in some cases. One absolute "no" was to my enthusiastic request to construct an entire wall of storage shelves suspended from the ceiling by brass chains. Even though it was an idea from *Better Homes and Gardens®*, in hindsight I have to agree with my mother's judgment.

Today, I'm the mom and it's our 13-year-old daughter, Lauren, who's decorating, both literally and virtually. For her own room, she's chosen a new cottage-style bed and bookcase, blue and yellow painted walls, and we're working on a window treatment. While these choices reflect a certain restraint, a totally different side comes out when Lauren creates virtual rooms on her computer. For instance, her party room has boomerang-shaped windows, bright green star-burst-patterned carpet, and candy-colored leather tub chairs.

I've found that decorating with a daughter or a son can open up new lines of communication—talk about the colors they like and where the bed will go intermingles with what's on their minds, how school is going, and even what their own dream home might look like someday. And while their requests might test our comfort zones a bit, it is easier than ever to say "yes" to boomerang windows—virtually, that is.



Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

Create Your Own

Duncan Hines




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Moving movie eases youngster's anxiety

Our 6-year-old was anxious about moving to another city. We got him involved in the project by asking him to "produce" and star in a movie documenting our transfer. He began the production weeks ahead by filming the house and all its rooms, while narrating memories of it. He also filmed the neighborhood; our friends; and the packing, loading, traveling, and unpacking process. His experience helped him deal with his concerns, and we'll treasure the movie forever.

Janet Walther
Bogue Chitto, Miss.

Teaching a lesson with consequences

After unsuccessfully begging and demanding that my daughter return our car clean and filled with gas after borrowing it, I decided to give her a taste or her own medicine. She wanted to drive our car to the homecoming game, so I presented it to her dirty, inside and out, and nearly out of gas. She was furious at having to make it presentable for her friends. Childish of me? Perhaps, but I've never had to ask her to wash it or fill it up again.

Verna Ward
Belen, N.M.

Provide a 'sub' when you must miss a school event

Occasionally, a parent must miss a child's school functions because of work or other family obligations. To minimize my child's disappointment, I tell him he can choose a substitute parent for the event. Then we go together to invite the substitute parent to attend the event on this one occasion. For example, that person could be a grandparent, aunt, neighbor, or a family friend. I've never been refused, and he's formed special bonds with these people.

Jacquie McTaggart
Independence, Iowa

Counting on patriotism

In the wake of our nation's September 11 tragedy, we see the American flag hanging proudly throughout the community. When our family goes somewhere together in the car, we count how many houses in a row are flying the flag. If we come to a house where one isn't flying, we start over again. It's a great feeling to see all the red, white, and blue, knowing that together we will get through.

Cynthia G. Wills
Wheatfield, N.Y.

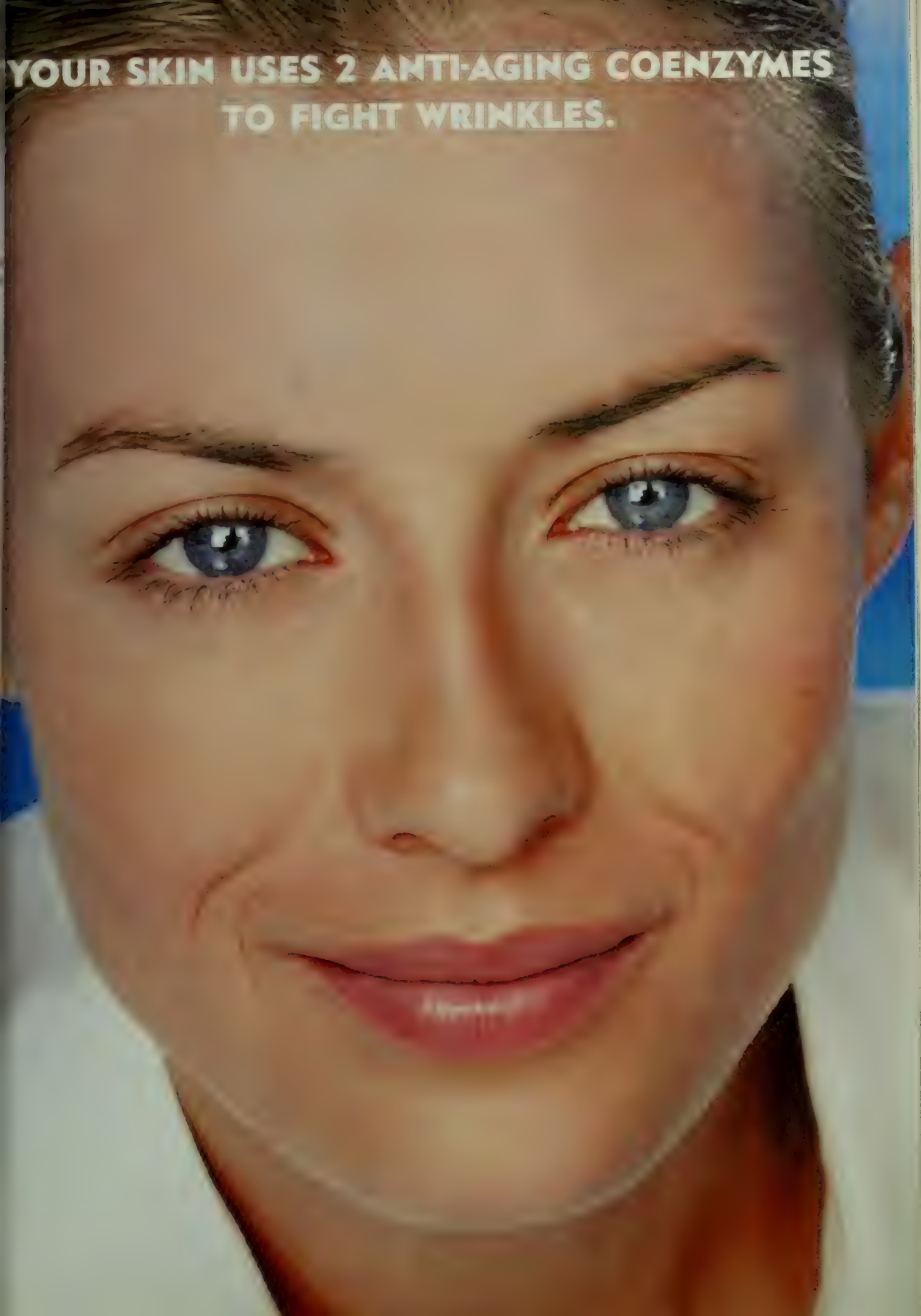
Sunday night film festival signals end to weekend

We end every weekend with a special family movie night. After dinner on Sundays, we give our 2-year-old daughter a bath in our big tub, and then we all crawl into Mom and Dad's bed to watch a movie together. This signals to our daughter that the weekend is over and that the next morning we will go back to work.

Kristan Helton
Beavercreek, Ohio

WRITE TO US

Do you have an innovative solution to a problem in your family, neighborhood, or community? Family Network would like to hear from you. Write to: Family Network, *Better Homes and Gardens*® Magazine, 1716 Locust St., Des Moines, IA 50309-3023. Please keep replies to 100 words or less. Letters may be edited for space. All letters become the property of *Better Homes and Gardens* magazine. We will pay $50 for each idea published, if you provide your Social Security number.


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Peel away the layers and see what a restful, undecorated home you can create. A little decorating goes a long way.



Undecorating

by Catherine Kramer and Sarah Egge

Our homes should be sanctuaries where we can turn down the volume on our loud, busy lives. They should welcome us back at the end of the day with ready spots to stash our stuff, friendly furniture to sink into, and an environment that's as soothing as a lullaby. We turned the living and dining rooms of a small Tudor-style home into just such a dreamy haven. Witness the transformation in "before" and "after" photographs. Then get inspired to embark on your own undecorating project.

continued on page 20

PHOTOGRAPHS: KIM CORNELISON

continued from page 19



Stylish Solutions

Specific changes contribute to the overall lighter, brighter look:

- A new butter-yellow sofa with interesting texture and architectural lines doesn't fight the quilt for focal-point status. Matching pillows and two complementary accent pillows replace the former jumble.
- Fabrics in the quilt inspired the pale-ocher wall color. The hue contains warm yellow undertones that create a sunlit ambience.
- A subtle new area rug is close to the color of the wood floor and has no distinct pattern. It blends in rather than attracting attention.
- A cornice board and sheer curtains diffuse the dark woodwork around the windows that doesn't match the white-painted woodwork elsewhere.
- Bead-board doors, molding, and a built-in window seat give the bookshelves architectural distinction as well as more clutter-hiding storage.

continued on page 22



Pattern overload. Too many patterns—checks, florals, quilt blocks, and a braided rug—made the eye restless. There was no clear focus on what is most important: the heirloom quilt on the wall.

Groovy Mom



Make Fun of Lunch.



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Lunchables
LUNCH COMBINATIONS

continued from page 20



Stylish Solutions

Here's how we took away layers in the dining room:

- Limiting wall colors makes a difference in how open the room feels. Darker than the upper wall, a tan dado transitions to the wood floors.
- One less piece of molding simplifies the chair rail, and the remaining pieces frame a delicate stencil design.
- Sheer curtains repeated from the living room allow in more natural light.
- A large sisal area rug eliminates pattern at the floor level. The black border gives it a sense of crispness, and visually links to the black host chairs.
- Even replacing the chandelier with a white one that has light shades makes a difference in how bright this room feels.

To buy the rose stencil, see page 104

continued on page 24



Stripes of all colors. With a ceiling-height wallpaper border, multiple chair rails, and the wall painted three different colors, the dining room seemed cinched tight with constricting bands.


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Undecorating

continued from page 22

BEFORE

- Disorganization curbed the display potential of heirloom china and crystal.



AFTER

- Patterned dinnerware lined up along the back wall give the shelves a bright backdrop.
- Hanging the teacups frees up shelf space.
- Limiting the crochet collection reduces the layers and lets the single example create bigger impact.



BEFORE

- Too many patterns and dark jewel-tone colors turned the accent pillows into decorative scene-stealers.



AFTER

- Similar colors still appear on the accent pillows, but in muted doses. As a result, the pillows blend with the new sofa rather than fight it.
- Humble dressmaker details, such as self-welting and a flat flange, are simpler than fussy ruffles.



BEFORE

- The living room bookshelves hold an assortment of books and collectibles, with everything crammed tightly together.



AFTER

- We removed items that weren't attractive, and stowed them behind new wood doors that we added to the bottom shelves. Books with good-looking covers remain alongside the best examples of collectibles.
- We re-covered the speaker with coordinating fabric.

continued on page 27





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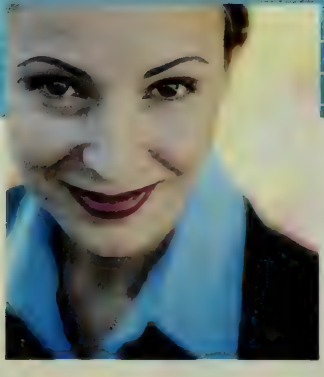
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The Complete Look

A slipcover proved to be a practical option for giving this armchair (*above*) a role in the new look. The small tan-and-cream check pattern of the slipcover is more sedate than the chair's bold floral-pattern upholstery underneath. From a distance, there hardly appears to be a pattern at all. The chair also has a tufted back, which is a fussier detail than is called for in the restful scheme. Editor's note: An experienced sewer or upholsterer should fashion a slipcover for a tufted-back chair, which has a tricky bumpy profile.

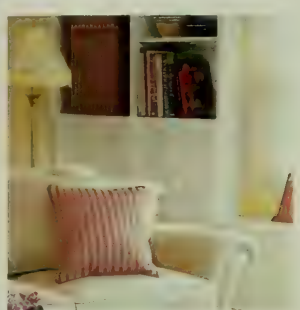
Many decorating elements came together to transform this living and dining room: slipcovers that neutralize, storage that stores smartly, a classic sofa that enhances but doesn't conflict with the focal point, and breezy window treatments that usher in light. Yet how can we say this is an example of undecorating? Because we turned the process upside down. We subtracted pattern, bold color, and the kind of layers that can bog down a room. The result is a home that used less to achieve more livability.

Buying information, page 214

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BUILT-IN FUNCTION

Before investing in a makeover for built-in bookshelves, consider your future needs. For example, storage in a window seat is typically accessed by a lift-top, which requires moving pillows and cushions off the surface; this one has cabinet doors in the front (*see page 19*), which are more convenient. A drop-down desk (*below, bottom*) is a bill-paying nook or, in this case, a crafting spot for a child. The desk looks like other cabinet doors when closed (*below, top*). The inside surface is protected with a piece of plastic laminate.





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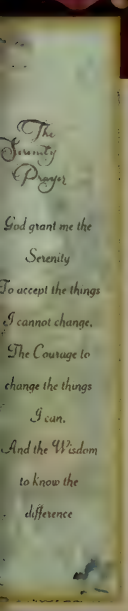
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continued on page 32


Something so precious is worth protecting
I wish I could keep him a baby forever, but I'll settle for keeping him still and protected. Because he's already got big plans, and that plastic car seat won't just help keep him safe, it will give his dreams a chance to come true.
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continued from page 30

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The copy center can print your super-size image on flat, semigloss, or glossy paper. Tell the technician what size the poster should be and where to position the image within the frame. Mount the poster on foam core. Display it in a clip frame.

continued on page 34

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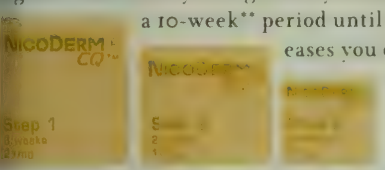
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GlaxoSmithKline makes an annual grant to the American Cancer Society for cancer research and education for the use of their seal.



For more information about NicoDerm CQ, or to purchase the full 3-Step Therapy Kit at a 15% discount, visit **www.nicodermcq.com.** You'll be glad you did.

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The Power to Help You Quit

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*When worn for 24 hours
**If you smoke 10 or less cigarettes per day, start at Step 2 (8 week program)
***NDC Health Performance Measures Report 2001
Use as directed. Individual results may vary. Support program can improve success.

continued from page 32

a boxed set

We seek to preserve nature every time we tuck a leaf, shell, or rock in our pocket. But at-home display methods—jars, cups, and bowls—don't usually do our treasures justice. Shadow boxes, on the other hand, give found objects a place to shine, especially when you line the boxes with complementary background materials. Try topographical maps of the beach or wilderness where you found your keepsake. Or use art paper, fabric, or wavelike corrugated cardboard. Stack items in some shadow boxes. In others, hot-glue the objects to the backing so they appear to float. To keep sand and dirt from escaping, glue or caulk glass to the frame front, and glue kraft paper to the frame's outside back.

continued on page 36








serving suggestion:
anywhere you like
five fruity flavors
now in a bottle
just five calories*
Lemonade
CRYSTAL LIGHT
that's the beauty of
Crystal Light™
©2001 KF Holdings. *Per 8 fl. oz. serving. Two servings per bottle. Artificially flavored.

continued from page 34

seasonal greens

Compared to the year-round transformations taking place outside your door, your interiors can seem pretty lifeless. So integrate nature's cycle inside your home by painting plain canvases with color variations reflective of the seasons. In this dining room, we used shades of blue and green to evoke the colors of birds' eggs. You could also illustrate the changing colors of a leaf or the color of the sky from full sunlight to rainy gray. Buy one quart of wall paint for each of the four colors. For help in choosing colors, look at manufacturer's color combination cards. If you ever tire of your palette, just paint over the colors: Green inspires in late winter, blue refreshes in midsummer, and reds and yellows warm in fall.

Buying information, page 214





Artist's canvases provide an easy and temporary way to introduce bold hues to walls. These big, readymade canvases are already stretched, stapled to frames, and primed. Find them at art or hobby stores.



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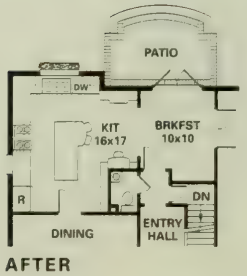
Aveeno®

Discover nature's secret for brighter, radiant skin.

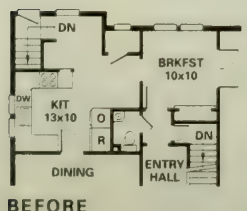
Details added to enhance the kitchen's open new look and livability include a large paneled window and a marble-top island. The pantry cupboards are very narrow to lend elegance and emphasize height. The room can handle the weightiness of heavy crown molding because the traditional-style cabinets are painted a soft, light tone.

Break with Tradition

by Kathy Roth Eastman



AFTER



BEFORE

After Diahann and John Braseth purchased a 1922 Colonial home in the Seattle area, the kitchen revealed itself as a major weakness: It had no windows, poor circulation, and inadequate counter and storage space.

With two children and the entertaining commitments that come with running a successful Seattle art gallery, this family needed a kitchen that welcomed plenty of activity. Their remodeling goal was to create an area where lots of people could gather and feel at home, yet remain cozy enough for a quiet family dinner.

The result of the remodeling project is an elegant space with a warm, traditional feel in keeping with the age and style of the home—with added details that make it contemporary.

To expand the room's horizons, an extension of 9 feet was created—within the confines of the original brick-clad walls—by expanding into spaces once occupied by a small room and a stairway. To make the space even more open to entertaining, the wall between the kitchen and the breakfast room was crafted into a graceful arch. The passageway seems born to this manor because it is detailed and tailored appropriately for a vintage home.

continued on page 40

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(It could only be better if it were free.)



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3 Musketeers Bar®

Break with Tradition

continued from page 38



Cabinets (at left in the photo, *above*) are "stepped" or placed side-by-side at different depths. Stepping keeps the cabinets from intruding on the pathway to the breakfast nook. A graceful arch now stretches over the new opening, framing a warmly lit and inviting welcome area for guests.

To let the light in, windows were added in the kitchen area above the sink, and French doors in the breakfast room now open to the garden. The glass-front cabinets also help to reflect light around the room, reinforcing its spacious feel. This is especially important with the floor-to-ceiling butler's pantry unit; cabinets with solid-wood doors would have seemed a visual barrier.

One of the people-friendly details the Braseths added was the massive, honed-marble top on the island. It serves as workstation central and is the main gathering spot for guests. The countertop's marble is a bow to practicality: honing gave it a dull finish that conceals stains or permits them to be sanded off.

As with many older-house remodeling projects, a few pleasant surprises were in store: Old mahogany doors discovered in the basement became a focal point between the breakfast room and living room, and hardwood was revealed beneath the asbestos flooring in the kitchen and breakfast room.

Buying information, page 214



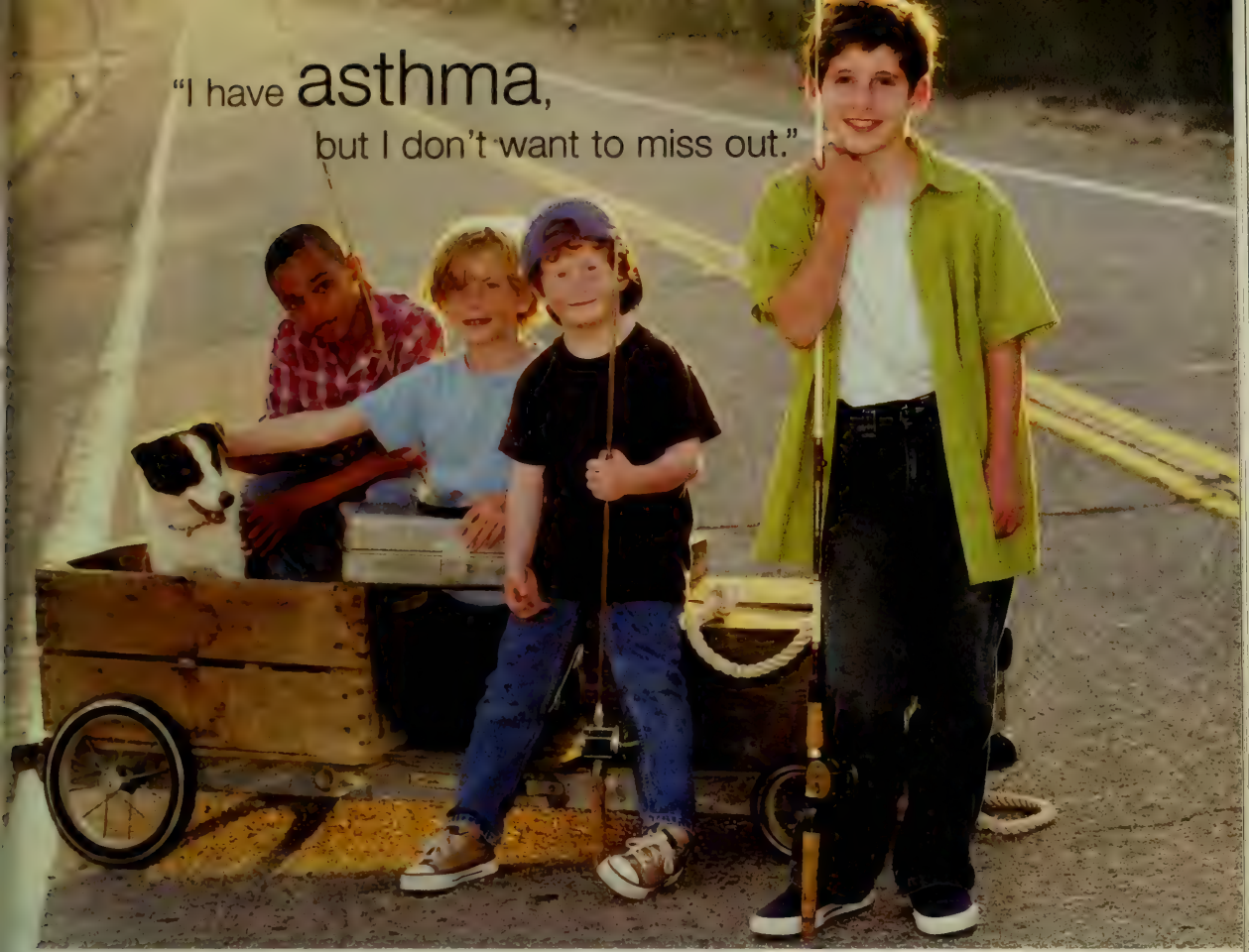
A commercial-style range breaks with tradition, yet is a contemporary must for entertaining in a grand style. Stainless-steel countertops provide a sleek, highly practical finish. Brushed nickel cabinet pulls echo the metallic theme throughout the room.



Simple finishes all dressed up in white quiet the metallic flair on the counter space. The warm parchment tone of the tile backsplash complements the white marble countertops; the raised-pattern border adds depth and textural appeal to the wall.



With careful planning, a compact office area was created. The kids can use the computer while Diahann and John work in the kitchen. It's also a spot for paying bills and organizing the family calendar.



SINGULAIR can help you control your child's asthma.

SINGULAIR is different from many daily inhaled controllers. It's not a steroid and it's a once-a-day cherry chewable tablet that can help control your child's asthma for a full 24 hours.

SINGULAIR helps keep the airways open to make breathing easier. It's also been shown to reduce reliance on rescue medications.

SINGULAIR should NOT be used for the fast relief of acute asthma attacks or to prevent or treat asthma made worse by exercise. Your child should still have rescue medication available. Your child should continue to take their other asthma medications unless their doctor tells you to stop. SINGULAIR should be taken once a day, in the evening as prescribed, whether or not your child has asthma symptoms. If symptoms get worse or they need to increase the use of their rescue inhaler, call their doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age.

SINGULAIR is available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. It's also available in a 10-mg tablet for adults. SINGULAIR is available by prescription only.

Ask your child's doctor about adding once-a-day SINGULAIR.

And call 1-888-MERCK-57. Or visit our website at **singulair.com/kids**

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SINGULAIR
(MONTELUKAST SODIUM)

Asthma control that can help you breathe easier.

Please see the Patient Product Information on the next page and discuss it with your doctor.

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20202645(1)(210)-SNG

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets

Patient Information about

SINGULAIR® (SING-u-lair)

Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR® Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6-14).
  3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness
fever
abdominal (stomach) pain
stomach or intestinal upset (gastroenteritis)
heartburn
dizziness
headache
rash
cough
flu
stuffy nose

Less common side effects included the following

- allergic reactions including:
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- hallucinations
- irritability
- restlessness
- insomnia
- seizures
- nausea
- vomiting
- dyspepsia
- diarrhea
- pancreatitis
- muscle aches and muscle cramps
- increased bleeding tendency
- bruising
- edema

Rarely, patients taking SINGULAIR have experienced a condition that includes a combination of certain symptoms that do not go away or that get worse. These symptoms may include

- a flu-like illness
- rash
- a feeling of pins and needles or numbness of arms or legs
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These have occurred usually, but not always, in patients who were taking oral corticosteroid pills for asthma and those corticosteroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you develop one or more of these symptoms.

Remember, anytime you have a medical problem you think may be related to SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone else. It was prescribed only for you. Do not use it for a condition for which it was not prescribed.

Keep SINGULAIR and all medicines out of the reach of children.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

This leaflet provides a summary of information about SINGULAIR. If you have any questions or concerns about either SINGULAIR or asthma, talk to your doctor. In addition, you can talk to your pharmacist or other health care provider. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals.

Inactive ingredients:
4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide and carnauba wax.

Issued August 2
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Begin a Treasured Family Tradition with *Thomas Kinkade's Nativity*



Delicate porcelain is lovingly hand-crafted

Let the warmth, the peace, and the meaning of Christmas come to new life with the magnificent *Thomas Kinkade's Nativity* collection. Thomas Kinkade's inspiring vision has been transformed into classic limited-edition figurines — created by hand of fine bisque porcelain and accented with 22K gold—for you to treasure forever.

Begin the collection with the Holy Family

Innocent baby Jesus, peaceful Mary, and tender Joseph are all bathed in the glow radiating from on high. Make them yours for you and your family to cherish this—and every—Christmas.

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After the Holy Family, charter subscribers can enhance their collection with more exquisite editions, sent about every other month. Your second issue will be the illuminated Crèche. It includes three hand-painted porcelain lamb figurines, FREE!

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Crèche measures approx. 17" wide by 9" high

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- Illuminated crèche includes three collectible porcelain lamb figurines —yours FREE
- Inscribed on each individual porcelain sculpture is a replica of Thomas Kinkade's signature
- With Certificate of Authenticity and a 365-Day Guarantee

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Soothing the Day Away

by
Laura O'Neil

refuge for rejuvenation

With society in perpetual motion, it's no wonder homeowners crave serene spaces. Bathrooms of all sizes have become sanctuaries for relaxing and reinvigorating one's mind and body. And although the definition of what's calming may vary from person to person, there are some common building ingredients—openings, finishes, and features—that help create peaceful settings. Let these examples of calm baths inspire you to go beyond utilitarian.

A skylight, spans of glass block, and an extra-high ceiling that peaks at 18 feet are among the architectural elements that serve as a welcome mat for nature to come inside. And that's what has transformed Kris and Bob Lahman's master bathroom into an inviting retreat.

continued on page 48

MOMS SEE 25% LESS SUGAR.

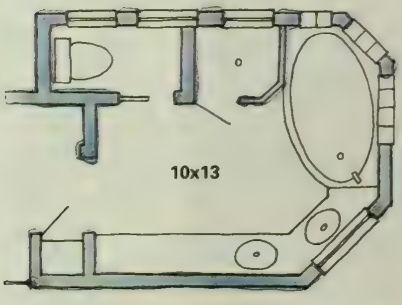


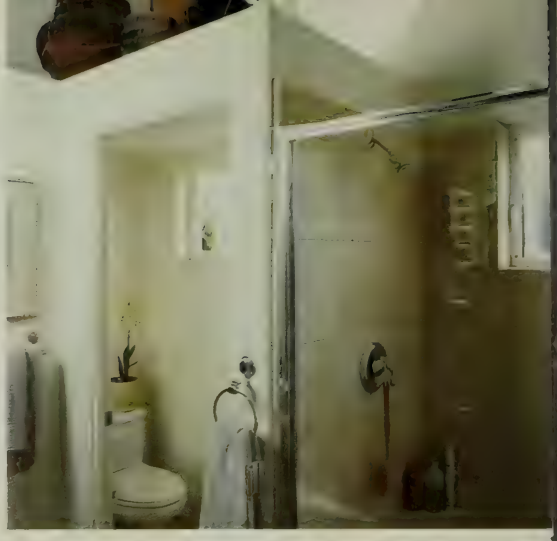
001 The Coca-Cola Company.

Soothing the Day Away

continued from page 46

Built into a corner of the couple's California beach house, this bright bath has a westward view of the ocean. The room's sunny disposition is further enhanced by glass-block privacy and the neutral-toned cultured Italian marble used in the shower, tub surround, countertops, and flooring. Both materials are moisture-proof choices that are enriched by natural light.





The rounded skylight (*above*), plus windows in the separate toilet area and shower stall, contribute to the open feel of this modest-sized master bath. "What I love best about our bathroom is that it's light and cheery from sunrise until sunset," says Kris. Two kinds of glass blocks (*page 46* and *below*), a distorted pattern and a clear pattern, were used to maximize privacy.



Dual vanities and a lowered makeup area with room for a stool underneath allow space for Kris and Bob to get ready at the same time. The blond ash cabinetry with contemporary pulls maintains the room's modern feel.

continued on page 50

KIDS SEE MAGIC.



The extreme taste kids want and 25% less sugar.*

(How's that for Disney magic?)

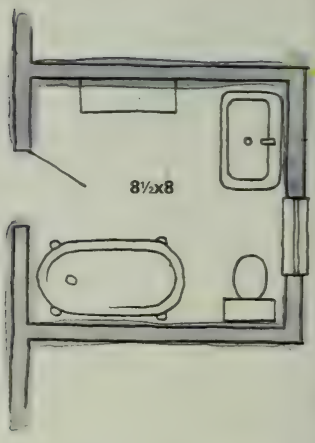


*25% less sugar than average of leading kids' juice drinks.

Made with Minute Maid

continued from page 48





Although the compact room (*left*) is simple, grandeur is created with petite details, such as the blue diamonds in the floor and the delicate floral border on the wall. To create the effect on the floor, white ceramic tiles were cut at the corners to accommodate the blue insets. Rose selected vintage-looking metal bath accessories (*left* and *below*) to complete the romantic Victorian setting.



tranquil charm

A cozy location under a sloping roofline, a large window, and blue-and-white ceramic tiles are the key building details seen in this intimate, light-filled guest bath at the Forest Hill Gardens, New York, home of Rose and Michael Zaretsky. "It's a charming mini-haven," says Rose. "There's always a nice breeze flowing into the bright room." Adding a vintage-style pedestal sink, a claw-foot tub, and metal hardware and bath accessories enhanced the bathroom's restful atmosphere by prompting visitors to reminisce about a time when life seemed less complicated.

The Zaretskys worked with cabinetmakers to design a deep storage cabinet above the toilet. "About 75 percent of the unit is built into the wall," says Michael. "It stores everything from medicines to makeup." Lace placed in the glass doors hides the clutter inside.

continued on page 52

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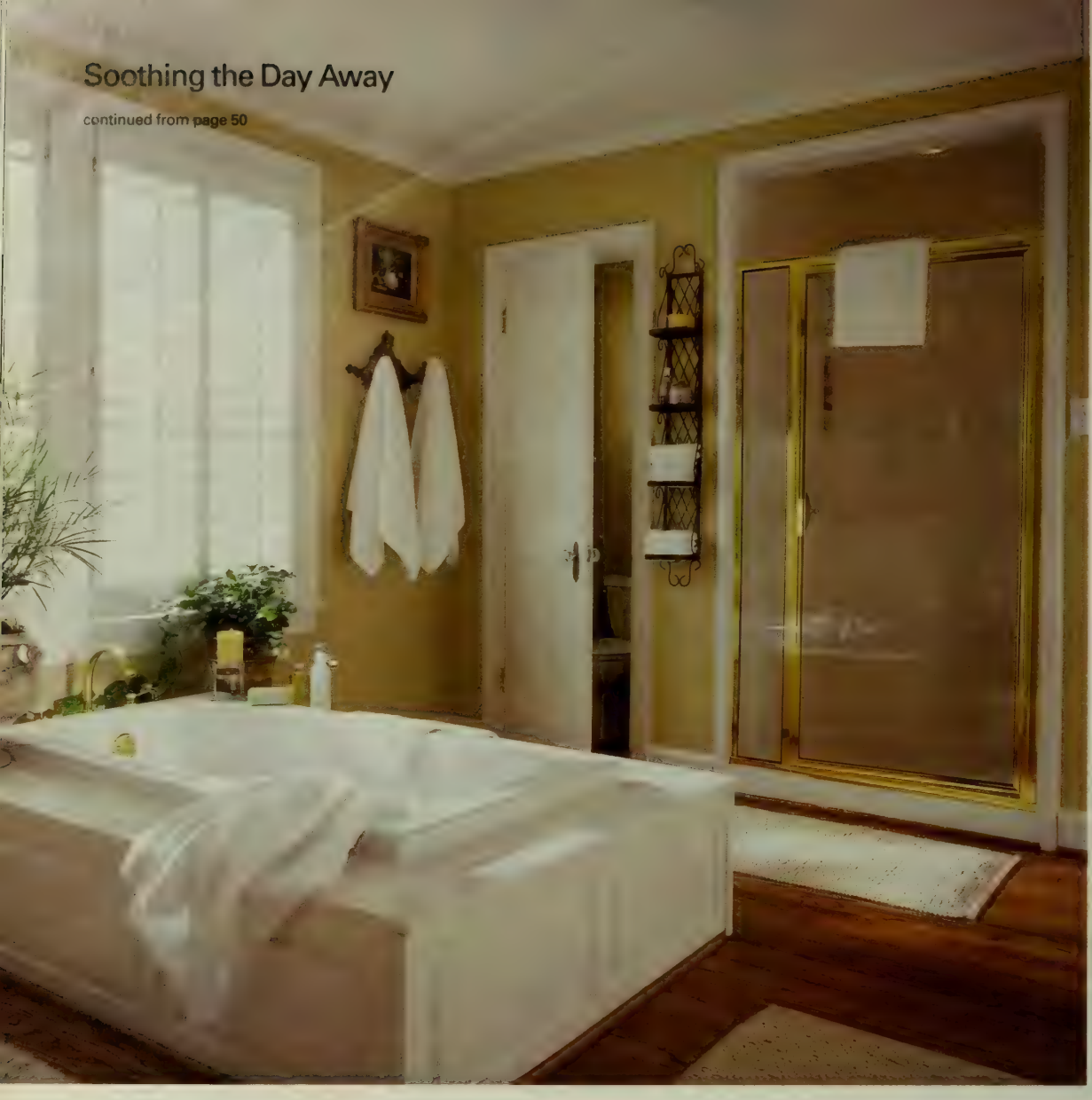


IT'S ALL SO EASY WITH TILEX THE BATHROOM SPECIALIST

Use as directed
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Soothing the Day Away

continued from page 50

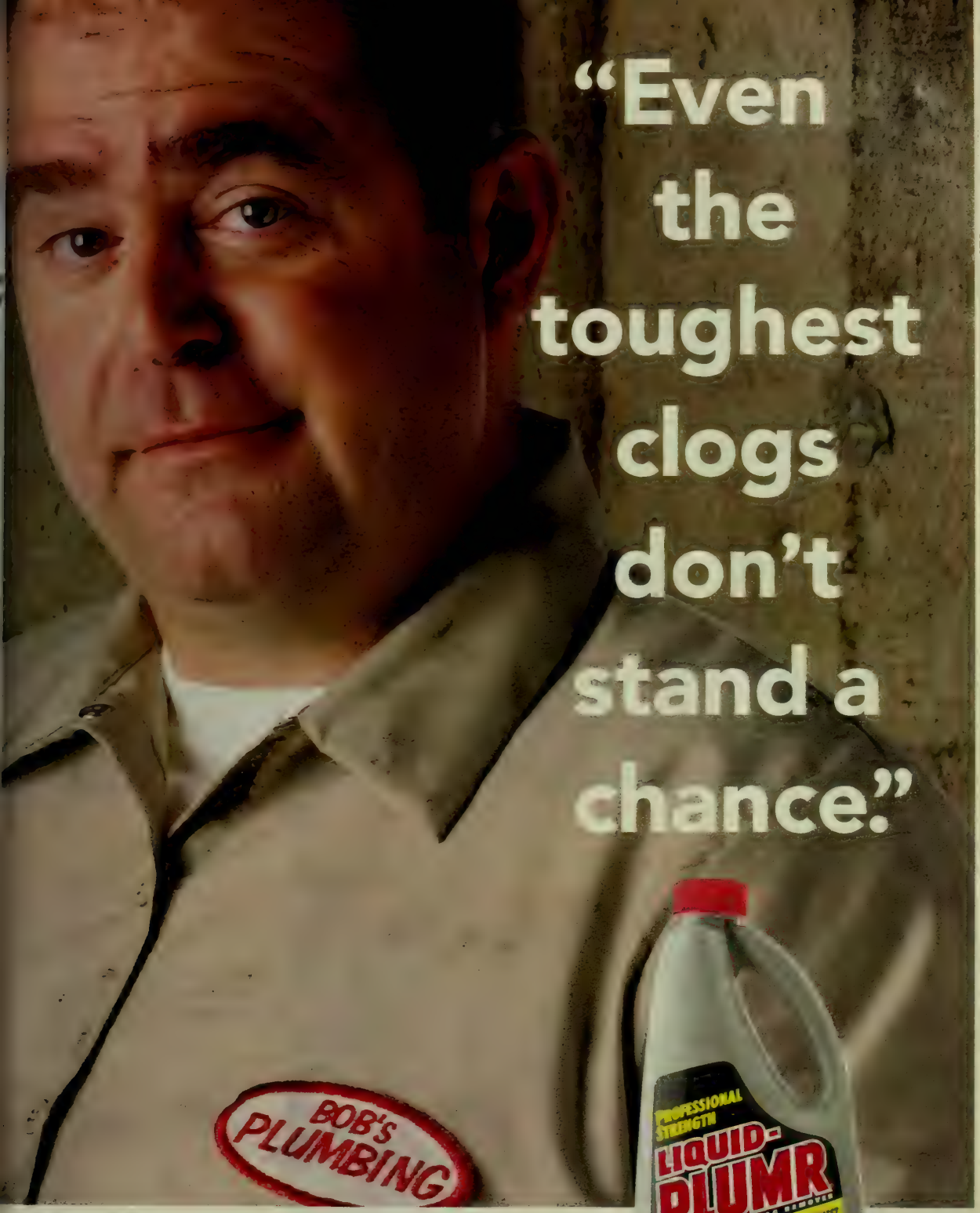


updated serenity

Reorganized space and existing windows created this bathing haven for Nancy and Charlie Vines of Little Rock, Arkansas. Because the couple had decided to add a new master bedroom onto their house, the existing bedroom space and an adjacent water closet were transformed into a multifunctional master bath. Before, a separate toilet was all the "master bath" that the master bedroom had.

Leaving the toilet in place, the couple introduced an oversized marble shower, a built-in tub, and separate vanities and closets. The room's old hallway entry was converted into a laundry area, and existing built-ins were kept for bathroom storage.

continued on page 54



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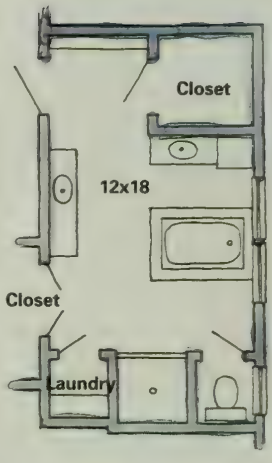
On hair clogs in lab tests. ©2001 The Clorox Company.

Soothing the Day Away

continued from page 52

"Our new bath is a hardworking, compact space," says Nancy. "Everything we need to get ready in the morning or to retire at night is right here."

The Vines' new bathtub provides a focal point for their sanctuary and sets a luxurious, laid-back tone. The tub is encased in cream tone-on-tone marble and is surrounded by raised cabinetry panels. "To maximize coziness, I selected finishes that looked slightly aged—not like a new house," says Nancy.





"The windows (*above* and *below*) were already in the space and didn't need replacing," says Charlie. "We added the 4-inch plantation shutters here and in the rest of the house."



The paint color on the walls (*left*) is called cornucopia. Nancy says they thought the color worked so well as a neutral background that they decided to use it throughout the house.

Banks of drawers (*left*) for storage were added to Charlie's vanity. "We really lacked drawer and closet space in here," says Nancy, "so we carved it out wherever we could."

Buying information, page 214

For more great bathroom ideas, visit o Web site at www.bhg.com/bathrooms



, Olympic Gold Medalist and World Champion Figure Skater

Important information:

LIPITOR (atorvastatin calcium tablets) is a prescription drug used with diet to lower cholesterol. LIPITOR is not for everyone, including those with liver disease or possible liver problems, women who are nursing, pregnant, or may become pregnant. LIPITOR has not been shown to prevent heart disease or heart attacks.

If you take LIPITOR, tell your doctor about any unusual muscle pain or weakness. This could be a sign of serious side effects. It is important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions. Your doctor may do simple blood tests to monitor liver function before and during drug treatment. The most commonly reported side effects are gas, constipation, stomach pain and indigestion. They are usually mild and tend to go away.

Please see additional important information on next page.

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Years of training helped figure skater Peggy Fleming bring home Olympic gold. And, while she can still land a double axel with ease, these days she needs a little help lowering her cholesterol. The good news is, if diet and exercise aren't enough, adding LIPITOR® can lower your total cholesterol 29% to 45% and your bad cholesterol 39% to 60% (average effect depending on dose). It helped Peggy get some great scores. Maybe it can help you, too. One in five people has high cholesterol and millions need treatment — talk to your doctor to find out if LIPITOR is right for you. To learn more, contact us at **1-888-LIPITOR** or **www.lipitor.com.**

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LIPITOR

FOR CHOLESSTEROL™

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LIPITOR® (Atorvastatin Calcium) Tablets

Brief Summary of Prescribing Information

CONTRAINDICATIONS: Active liver disease or unexplained persistent elevations of serum transaminases. Hypersensitivity to any component of this medication. **Pregnancy and Lactation** — Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. ATORVASTATIN SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEIVE AND HAVE BEEN INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

WARNINGS: Liver Dysfunction — HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. **Persistent elevations (>3 times the upper limit of normal [ULN] occurring on 2 or more occasions) in serum transaminases occurred in 0.7% of patients who received atorvastatin in clinical trials. The incidence of these abnormalities was 0.2%, 0.2%, 0.6%, and 2.3% for 10, 20, 40, and 80 mg, respectively.** One patient in clinical trials developed jaundice. Increases in liver function tests (LFT) in other patients were not associated with jaundice or other clinical signs or symptoms. Upon dose reduction, drug interruption, or discontinuation, transaminase levels returned to or near pretreatment levels without sequelae. Eighteen of 30 patients with persistent LFT elevations continued treatment with a reduced dose of atorvastatin. **It is recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation of dose, and periodically (eg, semiannually) thereafter.** Liver enzyme changes generally occur in the first 3 months of treatment with atorvastatin. Patients who develop increased transaminase levels should be monitored until the abnormalities resolve. Should an increase in ALT or AST of >3 times ULN persist, reduction of dose or withdrawal of atorvastatin is recommended. Atorvastatin should be used with caution in patients who consume substantial quantities of alcohol and/or have a history of liver disease. Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of atorvastatin (see CONTRAINDICATIONS). **Skeletal Muscle — Rhabdomyolysis with acute renal failure secondary to myoglobinuria has been reported with other drugs in this class.** Uncomplicated myalgia has been reported in atorvastatin-treated patients (see ADVERSE REACTIONS). Myopathy, defined as muscle aches or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values >10 times ULN, should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. Atorvastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. The risk of myopathy during treatment with other drugs in this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, niacin, or azole antifungals. Physicians considering combined therapy with atorvastatin and fibric acid derivatives, erythromycin, immunosuppressive drugs, azole antifungals, or lipid-lowering doses of niacin should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic creatine phosphokinase (CPK) determinations may be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy. **Atorvastatin therapy should be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures).**

PRECAUTIONS: General — Before instituting therapy with atorvastatin, an attempt should be made to control hypercholesterolemia with appropriate diet, exercise, and weight reduction in obese patients, and to treat other underlying medical problems (see INDICATIONS AND USAGE in full prescribing information). **Information for Patients** — Patients should be advised to report promptly unexplained muscle pain, tenderness, or weakness, particularly if accompanied by malaise or fever. **Drug Interactions** — The risk of myopathy during treatment with other drugs of this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, niacin (nicotinic acid), erythromycin, azole antifungals (see WARNINGS, Skeletal Muscle). ***Antacid:*** When atorvastatin and Maalox® TC suspension were coadministered, plasma concentrations of atorvastatin decreased approximately 35%. However, LDL-C reduction was not altered. ***Antipyrine:*** Because atorvastatin does not affect the pharmacokinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome isozymes are not expected. ***Colestipol:*** Plasma concentrations of atorvastatin decreased approximately 25% when colestipol and atorvastatin were coadministered. However, LDL-C reduction was greater when atorvastatin and colestipol were coadministered than when either drug was given alone. ***Cimetidine:*** Atorvastatin plasma concentrations and LDL-C reduction were not altered by coadministration of cimetidine. ***Digoxin:*** When multiple doses of atorvastatin and digoxin were coadministered, steady-state plasma digoxin concentrations increased by approximately 20%. Patients taking digoxin should be monitored appropriately. ***Erythromycin:*** In healthy individuals, plasma concentrations of atorvastatin increased approximately 40% with coadministration of atorvastatin and erythromycin, a known inhibitor of cytochrome P450 3A4 (see WARNINGS, Skeletal Muscle). ***Oral Contraceptives:*** Coadministration of atorvastatin and an oral contraceptive increased AUC values for norethindrone and ethinyl estradiol by approximately 30% and 20%. These increases should be considered when selecting an oral contraceptive for a woman taking atorvastatin. ***Warfarin:*** Atorvastatin had no clinically significant effect on prothrombin time when administered to patients receiving chronic warfarin treatment. **Endocrine Function** — HMG-CoA reductase inhibitors interfere with cholesterol synthesis and theoretically might blunt adrenal and/or gonadal steroid production. Clinical studies have shown that atorvastatin does not reduce basal plasma cortisol concentration or impair adrenal reserve. The effects of HMG-CoA reductase inhibitors on male fertility have not been studied in adequate numbers of patients. The effects, if any, on the pituitary-gonadal axis in premenopausal women are unknown. Caution should be exercised if an HMG-CoA reductase inhibitor is administered concomitantly with drugs that may decrease the levels or activity of endogenous steroid hormones, such as ketoconazole, spironolactone, and cimetidine. **CNS Toxicity** — Brain hemorrhage was seen in a female dog treated for 3 months at 120 mg/kg/day. Brain hemorrhage and optic nerve vacuolation were seen in another female dog that was sacrificed in moribund condition after 11 weeks of escalating doses up to 280 mg/kg/day. The 120 mg/kg dose resulted in a systemic exposure approximately 16 times the human plasma area-under-the-curve (AUC, 0-24 hours) based on the maximum human dose of 80 mg/day. A single tonic convulsion was seen in each of 2 male dogs (one treated at 10 mg/kg/day and one at 120 mg/kg/day) in a 2-year study. No CNS lesions have been observed in mice after chronic treatment for up to 2 years at doses up to 400 mg/kg/day or in rats at doses up to 100 mg/kg/day. These doses were 6 to 11 times (mouse) and 8 to 16 times (rat) the human AUC (0-24) based on the maximum recommended human dose of 80 mg/day. CNS vascular lesions, characterized by perivascular hemorrhages, edema, and mononuclear cell infiltration of perivascular spaces, have been observed in dogs treated with other members of this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion at a dose that produced plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility** — In a 2-year carcinogenicity study in rats at dose levels of 10, 30, and 100 mg/kg/day, 2 rare tumors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg oral dose. A 2-year carcinogenicity study in mice given 100, 200, or 400 mg/kg/day resulted in a significant increase in liver adenomas in high-dose males and liver carcinomas in high-dose females. These findings occurred at plasma AUC (0-24) values of approximately 6 times the mean human plasma drug exposure after an 80 mg oral dose. *In vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with *Salmonella typhimurium* and *Escherichia coli*, the HGPRT forward mutation assay in Chinese hamster lung cells, and the chromosomal aberration assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. Studies in rats performed at doses up to 175 mg/kg (15 times the human exposure) produced no changes in fertility.

There was aplasia and aspermia in the epididymis of 2 of 10 rats treated with 100 mg/kg/day of atorvastatin for 3 months (16 times the human AUC at the 80 mg dose); testis weights were significantly lower at 30 and 100 mg/kg and epididymal weight was lower at 100 mg/kg. Male rats given 100 mg/kg/day for 11 weeks prior to mating had decreased sperm motility, spermatid head concentration, and increased abnormal sperm. Atorvastatin caused no adverse effects on semen parameters or reproductive organ histopathology in dogs given doses of 10, 40, or 120 mg/kg for two years. **Pregnancy — Pregnancy Category X: See CONTRAINDICATIONS.** Safety in pregnant women has not been established. Atorvastatin crosses the rat placenta and reaches a level in fetal liver equivalent to that of maternal plasma. Atorvastatin was not teratogenic in rats at doses up to 300 mg/kg/day in rabbits at doses up to 100 mg/kg/day. These doses resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface area (mg/m²). In a study in rats given 20 or 225 mg/kg/day, from gestation day 7 through to lactation day 21 (weaning), there was decreased pup survival at birth, neonate, weaning, and maturity in pups of mothers dosed with 225 mg/kg/day. Body weight was decreased on days 4 and 21 in pups of mothers dosed at 100 mg/kg/day; pup body weight was decreased at birth and at days 4, 21, and 91 at 225 mg/kg/day. Pup development was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day; pinnae detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times (100 mg/kg) and 22 times (225 mg/kg) the human AUC at 80 mg/day. Rare reports of congenital anomalies have been received following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (VATER association) in a baby born to a woman who took lovastatin with dextroamphetamine sulfate during the first trimester of pregnancy. LIPITOR should be administered to women of childbearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazard. If the woman becomes pregnant while taking LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fetus. **Nursing Mothers** — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, of that in their mother's milk. Because of the potential for adverse reactions in nursing infants, women taking LIPITOR should not breast-feed (see CONTRAINDICATIONS). **Pediatric Use** — Treatment experience in a pediatric population is limited to doses of LIPITOR up to 80 mg/day for 1 year in 8 patients with homozygous FH. No clinical or biochemical abnormalities were reported in these patients. None of these patients was below 9 years of age. **Geriatric Use** — Treatment experience in adults age ≥70 years with doses of LIPITOR up to 80 mg/day has been evaluated in 221 patients. The safety and efficacy of LIPITOR in this population were similar to those of patients <70 years of age.

ADVERSE REACTIONS: LIPITOR is generally well-tolerated. Adverse reactions have usually been mild and transient. In controlled clinical studies of 2,502 patients, <2% of patients were discontinued due to adverse experiences attributable to atorvastatin. The most frequent adverse events thought to be related to atorvastatin were constipation, flatulence, dyspepsia, and abdominal pain. **Clinical Adverse Experiences** — Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin, regardless of causality assessment, are shown in the following table:

Adverse Events in Placebo-Controlled Studies (% of Patients)

BODY SYSTEM Adverse Event	Placebo N = 270	Atorvastatin 10 mg N = 863	Atorvastatin 20 mg N = 36	Atorvastatin 40 mg N = 79	Atorvastatin 80 mg N = 9
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7.4
Headache	7.0	5.4	16.7	2.5	6.4
Accidental Injury	3.7	4.2	0.0	1.3	3.2
Flu Syndrome	1.9	2.2	0.0	2.5	3.2
Abdominal Pain	0.7	2.8	0.0	3.8	2.1
Back Pain	3.0	2.8	0.0	3.8	1.1
Allergic Reaction	2.6	0.9	2.8	1.3	0.0
Asthenia	1.9	2.2	0.0	3.8	0.0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1.1
Diarrhea	1.5	2.7	0.0	3.8	5.3
Dyspepsia	4.1	2.3	2.8	1.3	2.1
Flatulence	3.3	2.1	2.8	1.3	1.1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	6.4
Pharyngitis	1.5	2.5	0.0	1.3	2.1
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1.1
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

The following adverse events were reported, regardless of causality assessment in patients treated with atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the events in plain type occurred in <2% of patients.

Body as a Whole: Chest pain, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalized edema. ***Digestive System:*** Nausea, gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundice. ***Respiratory System:*** Bronchitis, rhinitis, pneumonia, dyspnea, asthma, epistaxis. ***Nervous System:*** Insomnia, dizziness, paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hypokinesia, depression, hypesthesia, hypertonia. ***Musculoskeletal System:*** Arthritis, leg cramps, bursitis, tenosynovitis, myasthenia, tendinous contracture, myositis. ***Skin and Appendages:*** Pruritus, contact dermatitis, alopecia, dry skin, sweating, acne, urticaria, eczema, seborrhea, skin ulcer. ***Urogenital System:*** Urinary tract infection, urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary incontinence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. ***Special Senses:*** Amblyopia, tinnitus, dry eyes, refraction disorder, eye hemorrhage, deafness, glaucoma, parosmia, taste loss, taste perversion. ***Cardiovascular System:*** Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. ***Metabolic and Nutritional Disorders:*** Peripheral edema, hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemia. ***Hemic and Lymphatic System:*** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia. ***Postintroduction Reports*** — Adverse events associated with LIPITOR therapy reported since market introduction, that are not listed above, regardless of causality assessment, include the following: anaphylaxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis), and rhabdomyolysis.

OVERDOSAGE: There is no specific treatment for atorvastatin overdosage. In the event of an overdose, the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

This summary provides important information about Lipitor. For more information, please ask your doctor, pharmacist or healthcare professional to provide the professional labeling and they discuss it with them.

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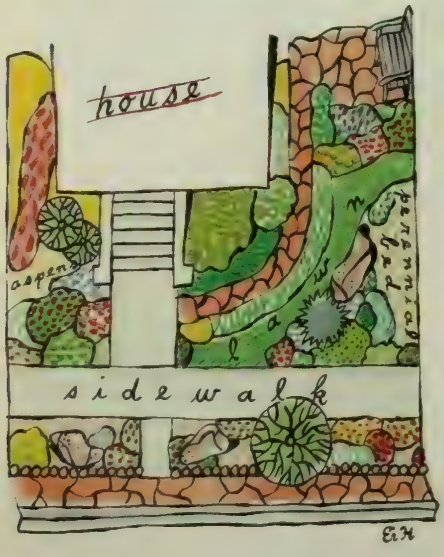
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Up Front and Beautiful

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In a corner of the parking strip, perennials thrive in spite of dry summers. The red of Centranthus ruber (1) lights the shade under aspens. Achillea Moonshine (2) and Salvia nemorosa (3) make a classic pairing. Blue oat grass (4) accents the scene.

Xeriscaping—gardening with plants and practices adapted to arid climates—is just one reason for the look of the yard. "Restraint is the important thing," Arun says. That means a few big beds with simple shapes that resemble each other, instead of many small beds with complicated, varying shapes. It means a few boulders instead of the small river rocks Arun used at first. It means that leaves play as big a role as flowers in keeping the garden lively to the eye from spring through fall. When flowers have the stage (*above*), one bright corner lights up the whole yard. When the flowers go by, leaves carry on with color and texture. Sculpture is the last element Arun has added to the yard. "I like steel because it rusts," he say. "It looks more natural against the plants. I also like the whimsical contrast of man-made objects and living plants."

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Up Front and Beautiful

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With its carpet of small leaves, vinca (1) quietly complements the vigorous daylilies on the other side of the path to the backyard (*above*). Behind the vinca: burning bush (2) and feather reed grass (3). The view from the bench (*left*) looks over Japanese iris and more grasses.

"We're conservation minded out here on the High Plains," Arun says. Still, he was the first person on the block to remove the front lawn and plant a garden. The sprinkler system came out too. Now, when the temperature tops 90 degrees, he waters once a week. Otherwise, it's every two or three weeks. In the height of summer, he lets the lawn go dormant. It revives in fall, when he resumes watering. Soil improvement makes a contribution too. "Even with xeriscape plants that don't like a well-nourished soil, I think they do better if you add organics," Arun says.

Inspiration comes not just from the scarcity of water, but also the Rockies to the west. "I bring in boulders to remind me of them," Arun says. "I like grasses because they have a Western-looking quality, and silver and gray leaves remind me of the mountains where I enjoy hiking."

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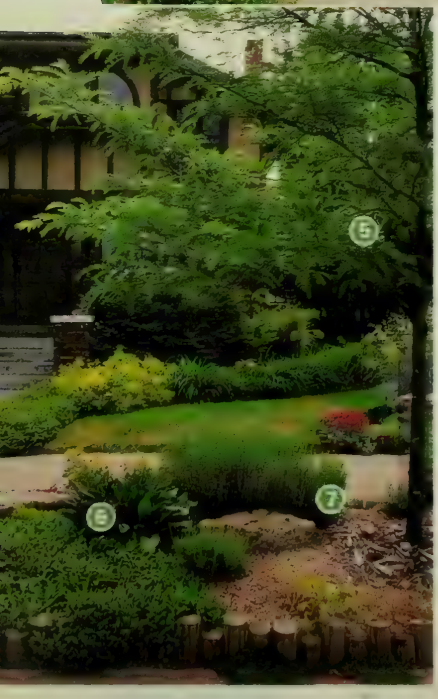


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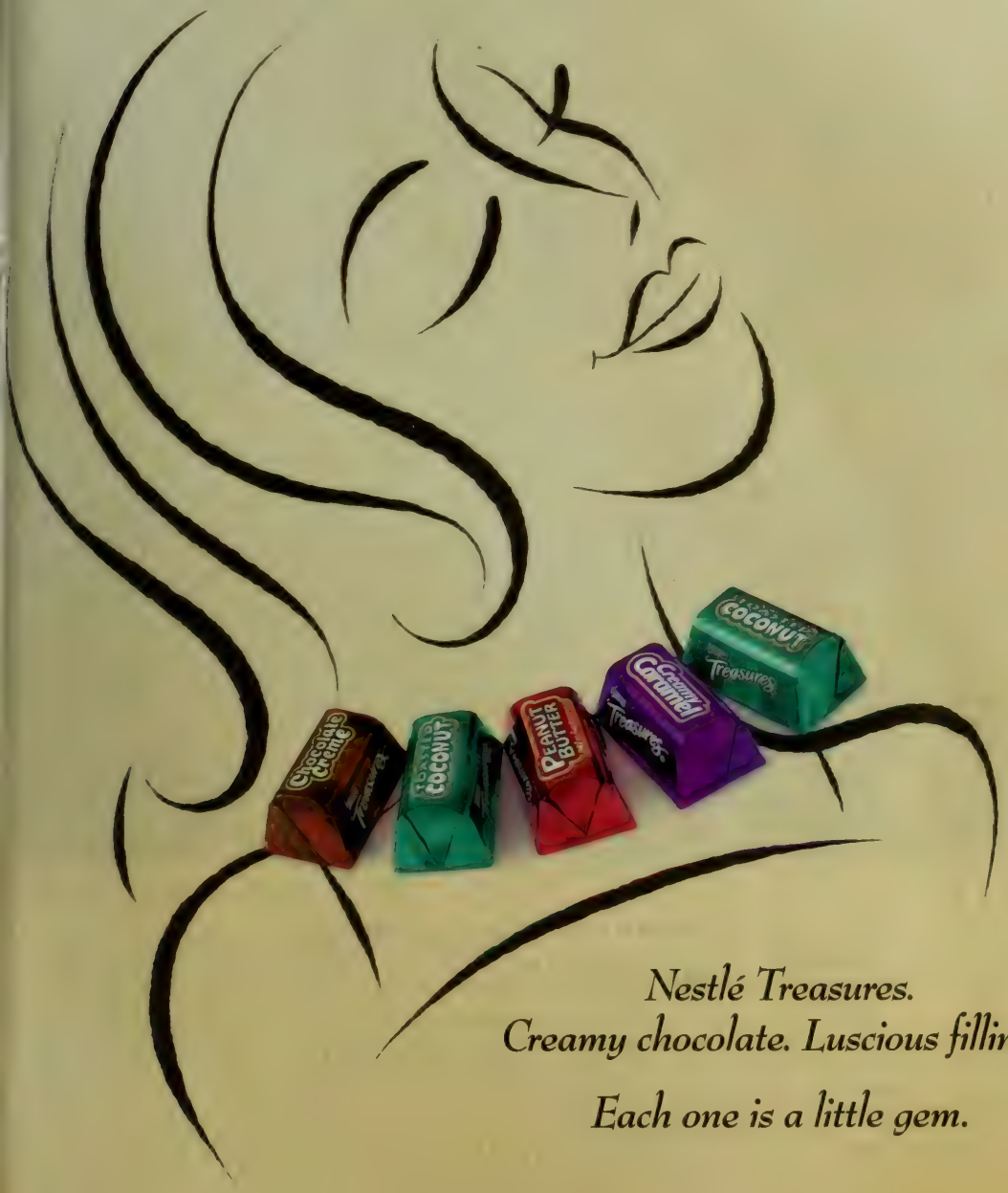
Perennials and boulders make a mountain scene in miniature (*above*). Highlights: Blue oat grass (1), Rocky Mountain penstemon (2), santolina (3), and sedum (4). At left, Imperial honey locust (5) shades evening primrose (6) and santolina (7), both blooming in the parking strip.

Arun is a fastidious gardener. The garden has no yellowing leaves or spent flowers, no weeds in the mulch. Also, the plants keep their places. "I've learned over the years to give plants enough room to mature," Arun says.

The visible care is part of the garden's beauty. Like a house ready for guests, the garden looks welcoming and proud. But you might wonder: Isn't this a lot of work?

In spring, Arun averages 12 hours a week pruning, planting, cleaning up, and mulching (gravel here, ground-up Christmas trees there). In summer, thanks to the early work, he spends half an hour or less a day. He doesn't sound weary. "I'm likely to get out there and dabble after work, even on weekends because I like to be outside." He's not finished either. "I'm pretty happy with the garden overall," he says, "but I'll find something to tweak."

continued on page 66



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Continued from page 64



Looking like purple fireworks, five Stars of Persia (1) rise above the yellow of Aurinia saxatilis (2). Silver sage (3) blooms white on the left and Coral Canyon diascia (4) flowers on the right. Star of Persia is *Allium christophii*, an onion.

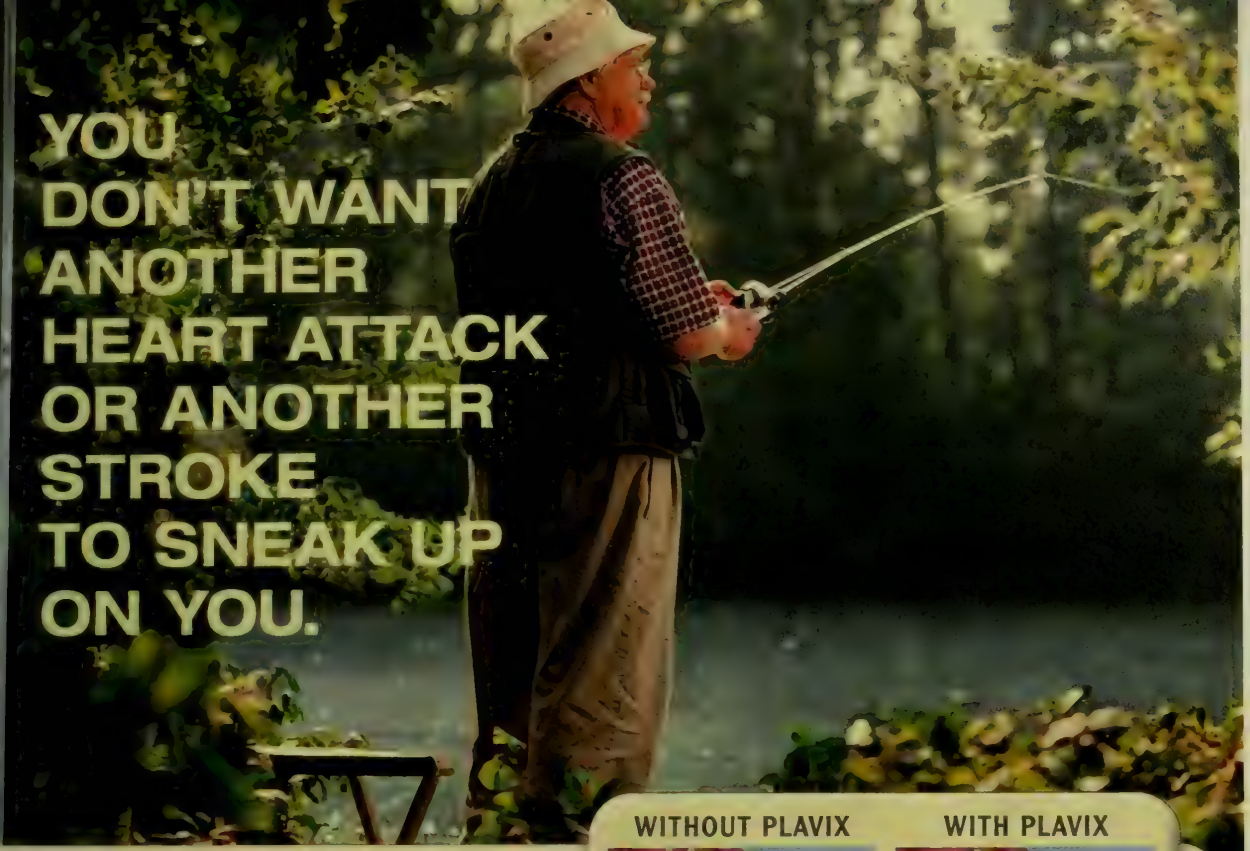
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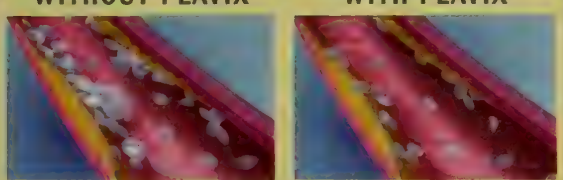
MORE PLANTS FOR ARID GARDENS

These are proven performers in the dry climates of the West, where soils are often too alkaline for plants that thrive in the rest of the country. They're toughies, but they also respond to kindness. Most need watering for the first year or two, then an occasional watering during dry spells. Contrariwise, some prefer to stay dry; they suffer if watered often. To learn which is which, ask for advice at a local nursery.

- Palms (many)
- Silk Tree
- Pines (trees; many)
- Mesquites (trees; many)
- Palo Verde (tree)
- Oriental Arborvitae (evergreen tree)
- Coyote Brush (shrub)
- Leucophyllum (shrubs)
- Senna (shrub)
- Santolina (shrub)
- Jojoba (shrub)
- Agave (succulent)
- Yucca (succulent)
- Ocotillo (cactus)
- Rosemary (perennial)
- Germander (perennial)
- Daylilies (perennial; many)
- Salvia (many)
- Phlox (perennial)
- Penstemon (many)
- Sunflower (annual)
- Tithonia (annual)
- California Poppy (annual)
- Dwarf Coyote Brush (ground cover)
- Vinca (ground cover)
- Asiatic Jasmine (ground cover)
- Sedums (ground cover)



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BRIEF SUMMARY — Please see package insert for full prescribing information.
INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.
CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.
WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.
PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.
Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.
Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.
Drug/Laboratory Test Interactions: None known.
Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).
Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.
Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.
Pediatric Use: Safety and effectiveness in the pediatric population have not been established.
ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX in the CAPRIE controlled clinical t shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 m with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

	% Incidence	(% Discontinuation)
Body System **Event**	**PLAVIX [n=9599]**	**Aspirin [n=9586]**
Body as a Whole - general disorders		
Chest Pain	8.3 (0.2)	8.3 (0.3)
Accidental Injury	7.9 (0.1)	7.3 (0.1)
Influenza-like symptoms	7.5 (<0.1)	7.0 (<0.1)
Pain	6.4 (0.1)	6.3 (0.1)
Fatigue	3.3 (0.1)	3.4 (0.1)
Cardiovascular disorders, general		
Edema	4.1 (<0.1)	4.5 (<0.1)
Hypertension	4.3 (<0.1)	5.1 (<0.1)
Central & peripheral nervous system disorders		
Headache	7.6 (0.3)	7.2 (0.2)
Dizziness	6.2 (0.2)	6.7 (0.3)
Gastrointestinal system disorders		
Abdominal pain	5.6 (0.7)	7.1 (1.0)
Dyspepsia	5.2 (0.6)	6.1 (0.7)
Diarrhea	4.5 (0.4)	3.4 (0.3)
Nausea	3.4 (0.5)	3.8 (0.4)
Metabolic & nutritional disorders		
Hypercholesterolemia	4.0 (0)	4.4 (<0.1)
Musculo-skeletal system disorders		
Arthralgia	6.3 (0.1)	6.2 (0.1)
Back Pain	5.8 (0.1)	5.3 (<0.1)
Platelet, bleeding, & clotting disorders		
Purpura	5.3 (0.3)	3.7 (0.1)
Epistaxis	2.9 (0.2)	2.5 (0.1)
Psychiatric disorders		
Depression	3.6 (0.1)	3.9 (0.2)
Respiratory system disorders		
Upper resp tract infection	8.7 (<0.1)	8.3 (<0.1)
Dyspnea	4.5 (0.1)	4.7 (0.1)
Rhinitis	4.2 (0.1)	4.2 (<0.1)
Bronchitis	3.7 (0.1)	3.7 (0)
Coughing	3.1 (<0.1)	2.7 (<0.1)
Skin & appendage disorders		
Rash	4.2 (0.5)	3.5 (0.2)
Pruritus	3.3 (0.3)	1.6 (0.1)
Urinary system disorders		
Urinary tract infection	3.1 (0)	3.5 (0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parentheses

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients rec PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regardle relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin-tr group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - G disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral ne system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastrointe system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atrial. *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorders:* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Art Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets decre *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory sy disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *U system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious ad events which may be of clinical interest but were rarely reported (< 1%) in patients who rec PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence of events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis isch *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastric perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system diso* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hemarth hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage of ative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytopenia. *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders, fe* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* Bu eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendot system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils decre

Postmarketing Experience: The following events have been reported spontaneously from worl postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioedema, chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) has reported as part of the world-wide postmarketing experience, see **WARNINGS**.

OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was rep in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dose of PL (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. No sp therapy was instituted, and she recovered without sequelae. No adverse events were reported single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVIX in he volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to that typ observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of clopid at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. Sympt of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gastrointes hemorrhage in all species.

Recommendations About Specific Treatment: Based on biological plausibility, platelet tra sion may be appropriate to reverse the pharmacological effects of PLAVIX if quick revers required.

DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once daily wi without food.

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by Shawn Gilliam

continued from page Z1

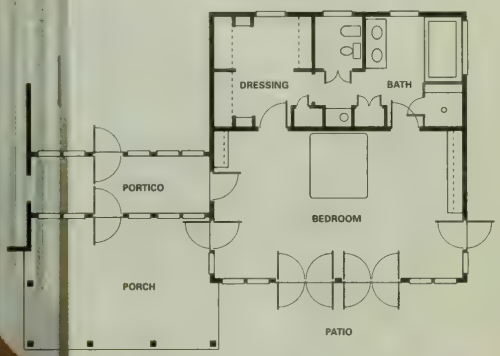


Anne and Tom McMackin love a house full of family or friends, and it's full when their blend of seven children are home. The parent's suite offers a peaceful oasis in which to begin and end their days.



Architect Richard Tremaglio claimed a narrow slice of covered porch to create a hall (*left*) leading from the main house to the McMackins' suite. The revised porch still feels open, thanks to the hall's floor-to-ceiling windows.

Themes from the main house and porch (*below*) are carried across the hallway to the suite, where window shape, positioning, and arched tops relate to those of the house and porch.



off the beaten path

Tom McMackin and his bride Anne loved the 1844 house he'd owned for some 25 years, but both wanted a way to make it "theirs." The answer was adding a ground-floor suite—no stairs to climb—positioned off an existing covered porch. The look, says architect Richard Tremaglio, is in keeping with many of the Northeast region's older houses, which bear a succession of rooms tacked on over the years.

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Table, chairs, and an Internet connection nearby on the wall make a place (*left* and *below*) for Anne and Tom to share a little breakfast, read the paper, or work on their laptops away from household hubbub.



The McMackins wanted flooring (*left*) that would seem as old as their 1844 house. They found it in chestnut boards that once lined an attic. The purchase was made at a salvage company.

"It feels great to wake up and feel so close to the outdoors," says Anne. All of the suite's windows are fitted with draperies, "but they're rarely closed. The morning light is so beautiful in here." A private dining area sits in the corner of the bedroom that looks onto the porch.

The master suite is positioned toward the back of the property, away from street noise, looking out over lush gardens and fields. Soft, grass-green-painted walls echo the fresh outdoor hues. Most of the antique furnishings belonged to Tom's family, but the couple added a huge Indian rug, which "for us, pulls it all together," says Tom.

continued on page Z6



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A coffee bar (*right*) is nestled next to the linen closet. A small refrigerator beneath the counter "is usually stocked with juice, a couple of beers, and some champagne," says Tom.

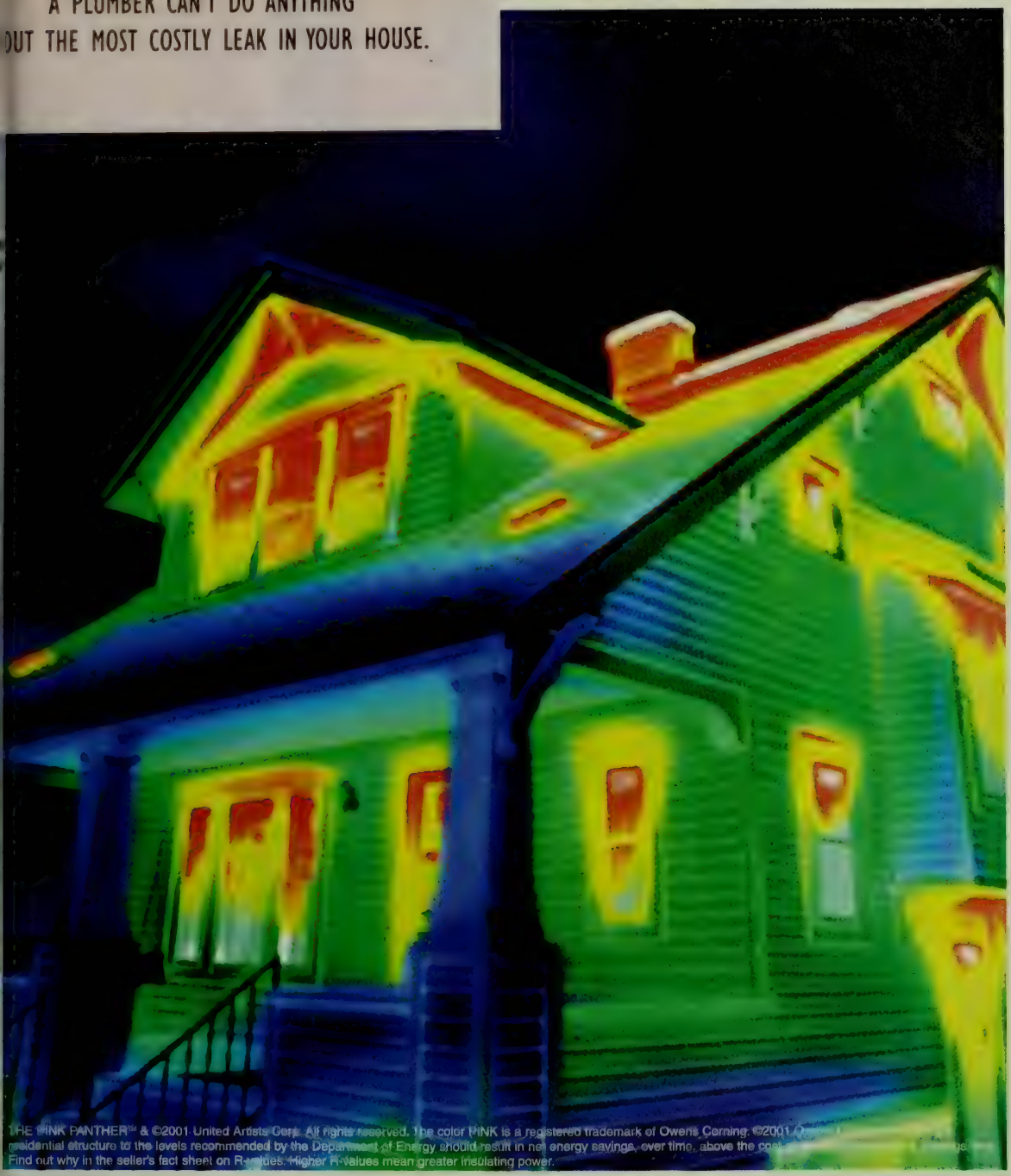


Window light (*left*) bathes every inch of the McMackins' bathroom, thanks to an all-glass shower stall. The tub's white tile surround pushes into the shower area, creating a bench for sitting and supplies.

A two-person tub, a shower, two sinks, an enclosed toilet area, and plenty of window light create an inviting bathroom for Anne and Tom. "It may sound hedonistic," says Tom, "but we really enjoy our time here." Slate floor tiles in earthy hues visually ground the light-as-air white room; their diagonal placement adds energy. Bands of tiny slate tiles edge groups of larger tiles.

continued on page Z8

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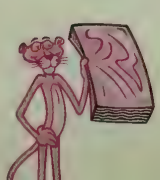


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Inspired by racks spotted in a shoe store, the homeowners asked their builder to create built-in towers with adjustable shelves for shoes, bags, and accessories. Tom's tower is directly across the room from Anne's.

Warmed with light from a west-facing window, the McMackins' 12×11-foot dressing room is fitted with three separate closet spaces, his-and-her shoe racks, and a utility closet. A broad bench makes a handy spot to sit and tie shoes, or to lay out a suitcase for packing. "It's great to be able to pack right in the closet, and not have to carry clothes in and out to the bedroom," Anne says.

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Buying information, page Z20



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favorite things

Juli and Paige Koerbel have moved nearly every year since they've been married. A benefit of living in so many homes, says Juli, "is that we know what we like." So when the Koerbels wanted to add a master suite to their current house, Juli simply made a list of favorite things—Prairie-style influence, vaulted ceilings, tons of windows, neutrals, marble—and gave it to an architect friend.

continued on page Z12

Having moved so frequently, Juli Koerbel developed a lasting love for neutral-hued furnishings. "They're easiest to bring along," she says. Her goal for the suite was a simple, serene, and happy look.



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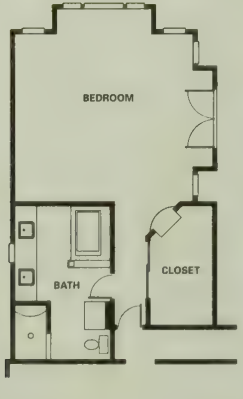
continued from page Z10

The couple loves waking up to a view of the outdoors in their backyard. French doors (*left*) were also on Juli's wish list, and she leaves them open to the breezes in good weather.

A small balcony, which is home to a collection of potted plants, was crafted to match an existing deck (*below*).

The Koerbels felt strongly—even before seeing a first rendering—that they'd like what architect John Gachich would produce for their addition. John had designed the previous Prairie-influenced house they lived in and admired. And their current house was built with similar elements of the style: gently sloping multiple rooflines, and a strong orientation to the outdoors via oversized, clean-lined windows.

continued on page Z14







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A green-hued granite counter and cherry cabinets (*left*) with simple knobs create a warm, classic look. "Timeless," says Juli. "This won't become dated."

Sandy-colored marble surrounds the jetted tub (*below*) with enough landing space for a book, a glass of wine, or towels. A partial wall shields the tub area from the doorway.

Juli and Paige's double vanity area represents the success of serendipity. John had planned a simple window between twin medicine cabinets, but Juli spotted an art glass window in keeping with the Prairie style and had it mounted. The couple returned home one day to find the medicine cabinets installed unrecessed—a mistake. Instead of correcting the error, the homeowners put mirrored glass all around the cabinets and on the wall.

Juli had thought about a glass block window for the tub wall, but her architect suggested an interior window instead. He designed the multipaned window—one pane is slightly tinted for interest—to open the bathroom to the views and light coming from the balcony window.

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Buying information, page Z20



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english-country COZY

An archway and a pass-through open the kitchen to the family room. At the same time, however, the built-in cabinets define the spaces as separate, keeping them cozy.

Even though the 4×8-foot island (*right*) features beautiful millwork, it's not all about aesthetics. The island is a cooking center, complete with oven, cooktop, and electrical outlets for small appliances.

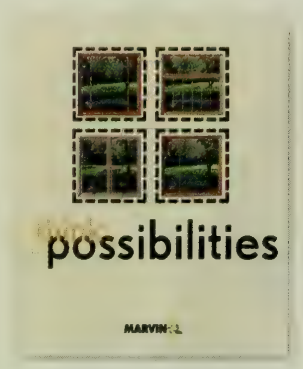
The character of an English country home took top priority during the remodeling of this kitchen/family room in Greenwich, Connecticut. That's why designer Defne Veral introduced hand-hewn ceiling beams, divided-light windows, and a cherry breakfast table to the scheme. The cabinets, which have been built to look like freestanding furniture pieces, further contribute to the old-world look.

Because cream and off-white colors were used for the cabinets, floors, and walls, Veral chose a contrasting black-green granite for the countertops. Beveled edges soften the granite and blend with the well-detailed cabinet millwork. A traditional-style faucet ties into the design, as does the quintessential kitchen-sink window that looks onto a pretty garden view.

continued on page Z18



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A row of cracked-look ceramic tiles dresses up the backsplash (*left*). Although subtle in color, the hand-painted animal tiles interspersed among the plain ones add a whimsical touch.

Turned legs and open toekicks (*below*) make the cabinets feel like freestanding furniture pieces. Plain wooden knobs were chosen in keeping with the simple recessed-panel door design.



To complement the home's English-country furniture pieces, including several in the family room, Veral ensured the cabinets were built with similar details. Beadboard surfaces dress up several sides of the cabinets, and a combination of open shelves, closed cupboards, and glass-door displays blend in with the rest of the home's bookcases and china hutches. The floors, on the other hand, do not match: The kitchen features limestone, while the family room has wood planks. But because of their similar tones, the materials transition elegantly.

Buying information, page Z20

CHARLES P. ROGERS BEDS

llustrated above: Queen size hand-forged iron Breton Bed $1399, ***Sale $999****. Linen and Cotton Bedding Ensemble $840,* ***Sale $399****: includes Aubergine duvet cover and two euro shams n pure linen with flat sheet, fitted sheet and two pillowcases in 450 thread count Egyptian cotton. Coordinating Aubergine or Hyacinth decorative pillows $40 each,* ***Sale $29****.*

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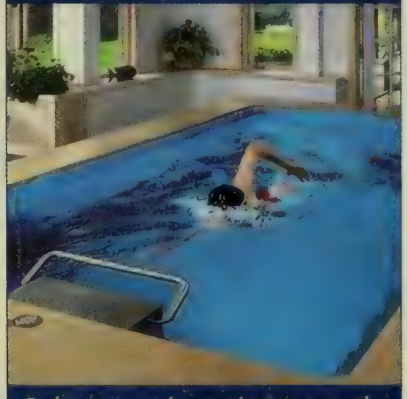
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buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Off the Beaten Path

Pages Z2–Z4: wall paint (Aloe Vera)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Windows, doors**—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 888/537-8268; www.marvin.com. **Rug**—Hamrah's Rugs and Antiques, 15 Main St., N, Woodbury, CT 06798; 203/266-4343. **Drapery fabric, light fixture**—no sources. **Drapery rods**—Calico Corners, Walnut Road Business Park, 203 Gale Ln., Kennett Square, PA 19348; 800/213-6366; www.calicocorners.com. **Flooring**—Chestnut Specials, Inc., 400 Harwinton Ave., Plymouth, CT 06782; 860/283-4209. **Table, chairs, bed, lamp, highboy side table, blue vase**—antiques. **Bedspread**—Linens 'n Things; 800/568-8765; www.lnt.com. **Ceiling fan**—Casablanca Fan Co.; 888/227-2178; or visit their Web site at www.casablancafanco.com.

Page Z6: cabinets—George Rekamp Construction, Nettletown Hollow Rd., Bethlehem, CT 06751; 203/266-5524. **Sink, tub, tiles**—Waterworks; 800/899-6757; www.waterworks.com. **Rug**—Marshalls; 800/627-7425; www.marshallsonline.com.

Page Z8: custom closets—George Rekamp Construction (address above). **Window**—Marvin Windows & Doors (address above). **Blinds** (Linen White)—Litchfield Drapery & Blinds, 746 Main St., Torrington, CT 06790; 860/489-9993. **Bench, metal dog and cat**—antiques. **Suitcases**—Marshalls; 800/627-7425; www.marshallsonline.com.

Favorite Things

Page Z10: wall paint, "#HC-83" (Grant Beige); **trim, base paint,** "#1/A 926"—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Windows**—Andersen Windows; 800/426-4261; www.andersenwindows.com. **Rug**—Village Carpets, 924 Green Bay Rd., Winnetka, IL 60093; 847/446-3800. **Bedding, sofa pillows**—Scandia Down; 800/237-5337. **Bed,** "Dania" (Cherry)—Cometa Eastern; 630/932-7040.

Page Z12: sofa, ottoman, "Natuzzi Leather Prince," #1438-42 (Sand)—Homemakers, 1013 Butterfield Rd., Downers Grove, IL 60515; 630/960-4100. **Lamp on table by bed**—homeowners' collection. **Floor lamp**—A Shade Better, 814 E. Ogden Ave., Westmont, IL 60559-1246; 630/887-7140. **Side table by sofa,** "Primitive"; **outdoor table and chairs,** "Tambora"; **outdoor armchairs,** "Kendall"; **outdoor small table,** "Primitive"—Pier 1 Imports; 800/245-4595; www.pier1.com. **Exterior paint,** "#10373" (Briarwood)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Page Z14: wall paint,** "HC-83" (Grant Beige); **trim, base paint,** "#1/A 926"—Benjamin Moore & Co. (address above). **Tub**—Jacuzzi Whirlpool Bath, 2121 N. California Blvd., Ste. #475, Walnut Creek, CA 94596; 800/288-4002; www.jacuzzi.com. **Marble tub surround** (Gris Blue); **granite countertop** (Atlantic Green)—Stone Design, Inc., 551 Mitchell Rd., Glendale Heights, IL 60139; 800/424-1332; www.stone-design.com. **Window**—custom design. **Prints**—Target Stores; 800/800-8800; www.target.com. **Cabinets, mirrored medicine cabinet**—Bertch Cabinet Mfg., Inc., P.O. Box 2280, Waterloo, IA 50704; 319/296-2987; www.bertch.com. **Knobs**—Restoration Hardware; 888/243-9720; or visit their Web site: www.restorationhardware.com. **Window with art glass**—Andersen Windows; 800/426-4261; www.andersenwindows.com. **Sink**—Kohler Co.; 800/456-4537; or visit: www.kohler.com. **Wall sconce,** "#HW5498-OP-PC" (Athena)—Lightning Bug, Ltd., 320 W. 202nd St., Chicago Heights, IL 60411; 800/323-3226.

English-Country Cozy

Page Z16: country table in cherry—Ian Ingersol Cabinetmakers, 1 Main St., West Cornwall, CT 06796; 860/672-6334. **Sofa** (available through professional designers only)—John Rosselli International, 523 E. 73rd St., New York, NY 10022; 212/772-2137. **Rug** (available through professional designers only)—Stark Carpet, 979 Third Ave., 11th Floor, New York, NY 10022; 212/752-9000; www.starkcarpetcorp.com.

Pages Z17–Z18: custom cabinets, granite countertops, limestone floors, backsplash tiles—no sources. **Oven and cooktop**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093; www.dacor.com. **Refrigerator**—Sub-Zero Freezer Co., Inc., 4747 Hammersley Rd., Madison, WI 53711; 800/222-7820; www.subzero.com. **Sink**—American Standard, Inc., P.O. Box 6820, Piscataway, NJ 08855-6820; 800/524-9797; www.americanstandard-us.com. **Faucets (steel/chrome)**—Waterworks; 800/899-6757; www.waterworks.com. **Light fixture above island**—Studio Steel, 159 New Milford Tpk., New Preston, CT 06777; 860/868-7305; www.studiosteel.com. **Stool**—Williams-Sonoma; 800/541-2233; www.williams-sonoma.com.

architects & designers

Off the Beaten Path

Pages Z2–Z8: architect—Richard Tremaglio, 5 Story St., Cambridge, MA 02138; 617/492-4469. **Builder**—George Rekamp Construction, Nettletown Hollow Rd., Bethlehem, CT 06751; 203/266-5524.

English-Country Cozy

Pages Z16–Z19: designer—A. Defne Veral Interiors, 938 Chapel St., New Haven, CT 06510; 203/495-8030.



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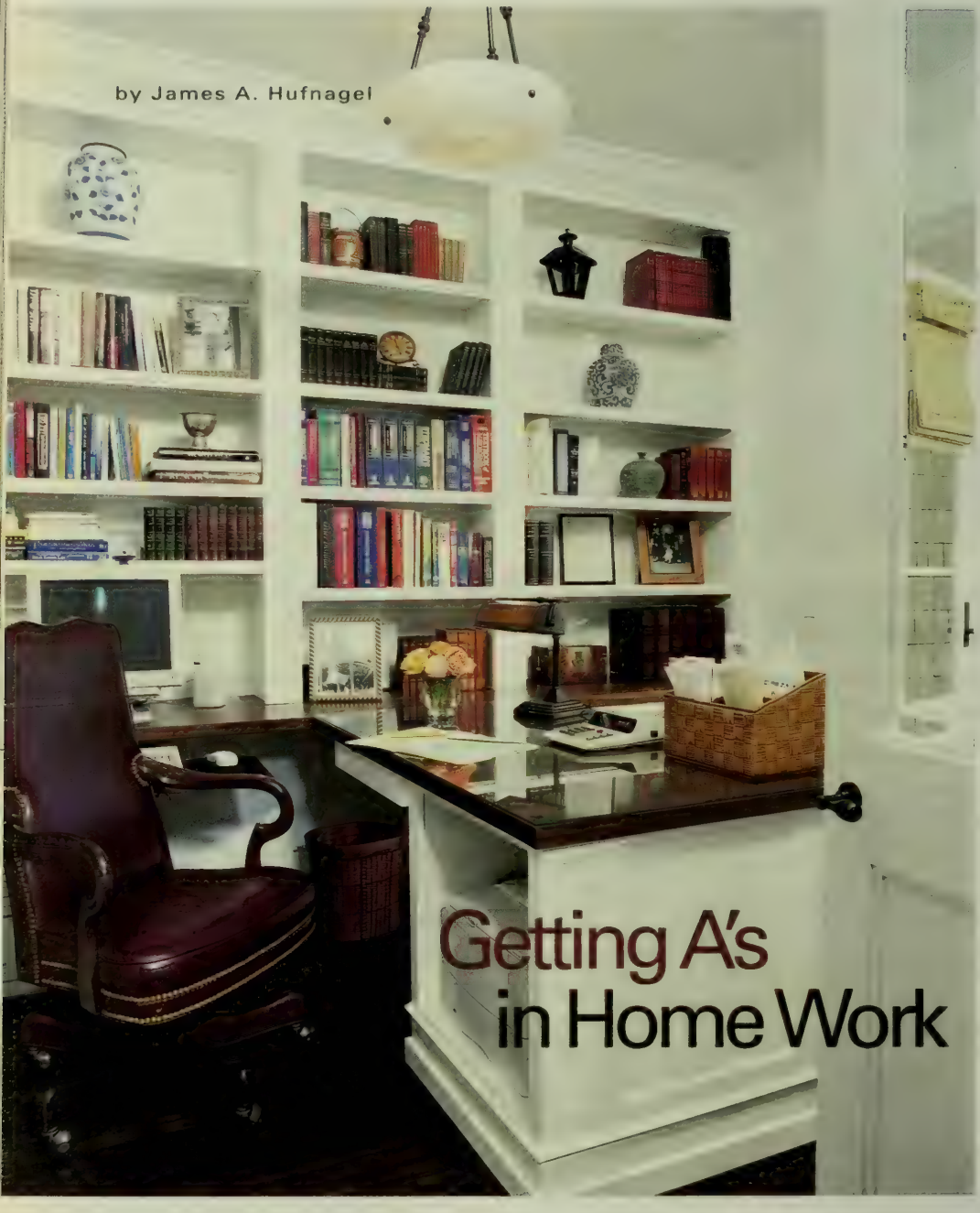
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Getting A's in Home Work

Office for **One**

After years of offices in spare bedrooms, Tammy and Bob Hanna decided they wanted a lighter and brighter work space in their new Southern California home. Architect Eric Mossman listened and drew up plans for an office that opens to the home's main entry and also to a gracious porch. The office's peninsula-style desk lets Bob enjoy the view, keep an eye on the kids playing outside, and savor cool ocean breezes.

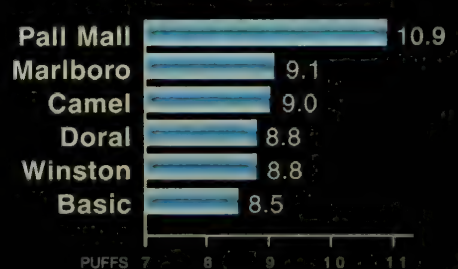
continued on page 72

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Getting A's in Home Work

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"We use the office a lot and wanted it to be really accessible," Tammy says. Its location off the front porch (*left*) means clients can come and go without traversing family living areas. Abundant storage and display space (*below left*) makes the Hannas' home office a joy to work in.

The monitor and keyboard sit on one side of the work space, and a niche in the desk's pedestal puts the printer within easy reach—but nearly out of sight. A glass top protects the desk from gouging or children's sticky fingers.

French doors connect the office with a long porch that offers convenient, direct access to the home's front walk. Outdoor wicker furniture provides a comfy place to take a break, and tortoiseshell shades can be lowered for privacy. Another set of French doors closes off the office from the home's entry hallway.



The desk and walls of bookshelves were painted bright white for a clean, classic look that would contrast with the black walnut flooring. A long walnut counter behind the desk holds a copier, phone, fax machine, and scanner. Drawers and cabinets under the counter conceal legal-size files and office supply storage.

continued on page 74

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Office for **Two**

Here's proof that a two-person office needn't be immense. Samantha and Todd Roshak share a compact space that provides a chair and computer station for each of them at a gracefully curved, solid cherry desk. The desk is supported by a long divider that functions as a leg down the center. The leg attaches to built-in storage that spans one wall of the room. This type of open and closed storage helps to keep paperwork organized, and shows off family photos and keepsakes.

Samantha doesn't like clutter; Todd wants to have everything within reach and in sight. They compromised with a closet that houses peripherals and the central processor for their home computer network. Outlets in every room let Samantha and Todd plug in computers just about anywhere.

Separate workstations in a shared office mean users don't have to put away work in progress to make room for another person. Here the storage wall also divides neatly for their separate needs.

Getting A's in Home Work
continued from page 72



A former bedroom closet stacks a scanner, printer, file drawers, and office supplies. The scanner rides on a pullout shelf.



A TV set in the office storage wall is put into play when the home's media room is occupied by other family members or guests. Flip-up cabinets under the TV hold an array of joysticks for computer games.

continued on page 76

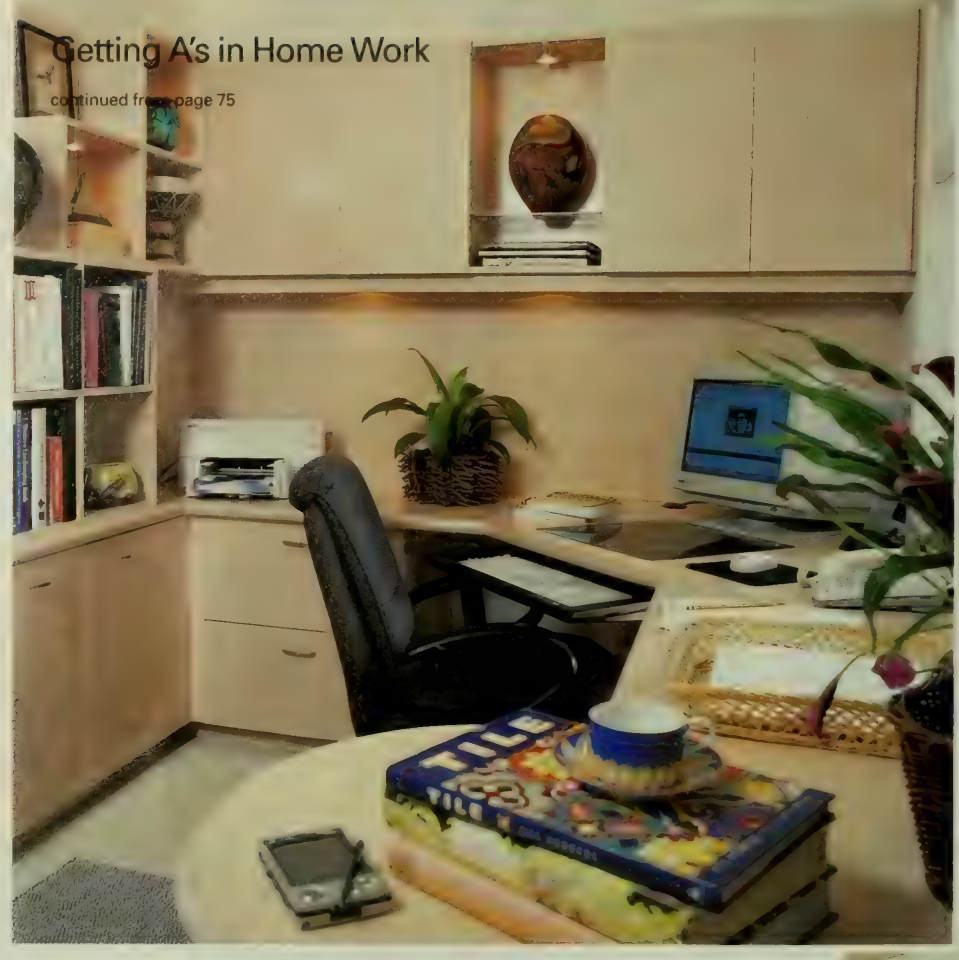
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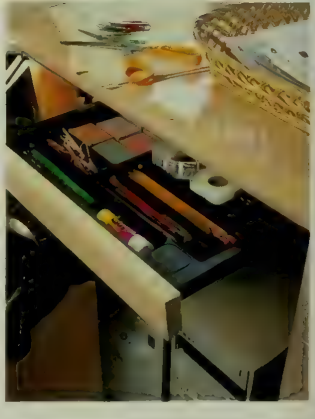
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continued from page 75



The computer station (*left*) features two monitors—one on deck and another below, visible through a clear panel. The setup allows Andy to run multiple programs and still see two full screens. The keyboard slides away when it's not in use. A shallow drawer to the right of the keyboard (*below*) is compartmentalized for pencils and other small items. Cloaked in sleek white maple, file drawers (*bottom left*) look more like fine furniture than office equipment.



Office for **One**

It's billed as an office for one, but this work space is actually used by two on a time-share basis. Tina and Andy Rathbone write books for computer users, so the couple's work quarters are equipped with the latest in computer technology. Art plays a part here, too, with illuminated niches in white maple cabinetry designed to showcase favored pieces from their pottery collection. Otherwise, this home office is strictly business. The workstation boasts an efficient U shape, with a rounded peninsula table where Tina and Andy can spread out larger projects. Cabinets and drawers—including several deep ones designed for hanging folders—organize business supplies. Open shelving on three sides puts reference books at hand.



continued on page 78

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continued from page 76



Office for **Two**

Once a hodgepodge of bookcases, computer stands, and leftover furniture, the office of John Resing and wife Dorothy Nelson now fits their needs like custom-made gloves. John, an investor who has worked at home since 1985, opted for a "central command post" look for his workstation (*below*). "I wanted the desk in one space, semi-enclosed," he says. Dorothy serves on the boards of several nonprofit organizations and needed a separate desk (*above*). Both occasionally confer with colleagues, so designer Delores Hyden came up with a peninsula that looks professional but takes up less room than a conference table would.

Buying information, page 214

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Dorothy's desk (*above*) features drawers and cabinets for her files and supplies. To the right of her workstation, the counter was raised 5 inches to provide a comfortable surface for stand-up jobs, such as operating the printer and fax machine. John's area (*left*) is brightened by a big skylight. A blue/gray color scheme unifies the work areas and goes well with the grays in the rest of the house.



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CONTRAINDICATIONS: Hypersensitivity to any component of this medication. Active liver disease or unexplained, persistent elevations in liver function tests (see **WARNINGS**). *Pregnancy and lactation.* Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they are contraindicated during pregnancy and in nursing mothers. **Pravastatin should be administered to women of childbearing age only when such patients are highly unlikely to conceive and have been informed of the potential hazards.** If the patient becomes pregnant while taking this class of drug, therapy should be discontinued immediately and the patient appraised of the potential hazard to the fetus (see **PRECAUTIONS: Pregnancy**).

WARNINGS: Liver Enzymes: HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. Increases of serum transaminase (ALT, AST) values to more than 3 times the upper limit of normal occurring on 2 or more (not necessarily sequential) occasions have been reported in 1.3% of patients treated with pravastatin in the US over an average period of 18 months. These abnormalities were not associated with cholestasis and did not appear to be related to treatment duration. In those patients in whom these abnormalities were believed to be related to pravastatin and who were discontinued from therapy, the transaminase levels usually fell slowly to pretreatment levels. These biochemical findings are usually asymptomatic although worldwide experience indicates that anorexia, weakness, and/or abdominal pain may also be present in rare patients. In the largest long-term placebo-controlled clinical trial with pravastatin (Pravastatin Primary Prevention Study, see **CLINICAL PHARMACOLOGY**), the overall incidence of AST and/or ALT elevations to greater than three times the upper limit of normal was 1.05% in the pravastatin group as compared to 0.75% in the placebo group. One (0.03%) pravastatin-treated patient and 2 (0.06%) placebo-treated patients were discontinued because of transaminase elevations. Of the patients with normal liver function at week 12, three of 2875 treated with pravastatin (0.10%) and one of the 2919 placebo patients (0.03%) had elevations of AST greater than three times the upper limit of normal on two consecutive measurements and/or discontinued due to elevations in transaminase levels during the 4.8 years (median treatment) of the study. **It is recommended that liver function tests be performed prior to and at 12 weeks following initiation of therapy or the elevation of dose.** Patients who develop increased transaminase levels or signs and symptoms of liver disease should be monitored with a second liver function evaluation to confirm the finding and be followed thereafter with frequent liver function tests until the abnormality(ies) return to normal. Should an increase in AST or ALT of three times the upper limit of normal or greater persist, withdrawal of pravastatin therapy is recommended. Active liver disease or unexplained transaminase elevations are contraindications to the use of pravastatin (see **CONTRAINDICATIONS**). Caution should be exercised when pravastatin is administered to patients with a history of liver disease or heavy alcohol ingestion (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**). Such patients should be closely monitored, started at the lower end of the recommended dosing range, and titrated to the desired therapeutic effect. **Skeletal Muscle: Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with pravastatin and other drugs in this class.** Uncomplicated myalgia has also been reported in pravastatin-treated patients (see **ADVERSE REACTIONS**). Myopathy, defined as muscle aching or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values to greater than 10 times the upper normal limit, was rare (<0.1%) in pravastatin clinical trials. Myopathy should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. **Pravastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. Pravastatin therapy should also be temporarily withheld in any patient experiencing an acute or serious condition predisposing to the development of renal failure secondary to rhabdomyolysis, e.g., sepsis; hypotension; major surgery; trauma; severe metabolic, endocrine, or electrolyte disorders; or uncontrolled epilepsy.** The risk of myopathy during treatment with another HMG-CoA reductase inhibitor is increased with concurrent therapy with either erythromycin, cyclosporine, niacin, or fibrates. However, neither myopathy nor significant increases in CPK levels have been observed in three reports involving a total of 100 post-transplant patients (24 renal and 76 cardiac) treated for up to two years concurrently with pravastatin 10–40 mg and cyclosporine. Some of these patients also received other concomitant immunosuppressive therapies. Further, in clinical trials involving small numbers of patients who were treated concurrently with pravastatin and niacin, there were no reports of myopathy. Also, myopathy was not reported in a trial of combination pravastatin (40 mg/day) and gemfibrozil (1200 mg/day), although 4 of 75 patients on the combination showed marked CPK elevations versus one of 73 patients receiving placebo. There was a trend toward more frequent CPK elevations and patient withdrawals due to musculoskeletal symptoms in the group receiving combined treatment as compared with the groups receiving placebo, gemfibrozil, or pravastatin monotherapy (see **PRECAUTIONS: Drug Interactions**). **The use of fibrates alone may occasionally be associated with myopathy. The combined use of pravastatin and fibrates should be avoided unless the benefit of further alterations in lipid levels is likely to outweigh the increased risk of this drug combination.**

PRECAUTIONS: General: PRAVACHOL may elevate creatine phosphokinase and transaminase levels (see **ADVERSE REACTIONS**). This should be considered in the differential diagnosis of chest pain in a patient on therapy with pravastatin. *Homozygous Familial Hypercholesterolemia.* Pravastatin has not been evaluated in patients with rare homozygous familial hypercholesterolemia. In this group of patients, it has been reported that HMG-CoA reductase inhibitors are less effective because the patients lack functional LDL receptors. *Renal Insufficiency.* A single 20 mg oral dose of pravastatin was administered to 24 patients with varying degrees of renal impairment (as determined by creatinine clearance). No effect was observed on the pharmacokinetics of pravastatin or its 3α-hydroxy isomeric metabolite (SQ 31,906). A small increase was seen in mean AUC values and half-life ($t_{1/2}$) for the inactive enzymatic ring hydroxylation metabolite (SQ 31,945). Given this small sample size, the dosage administered, and the degree of individual variability, patients with renal impairment who are receiving pravastatin should be closely monitored. **Information for Patients:** Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever (see **WARNINGS: Skeletal Muscle**). **Drug Interactions:** *Immunosuppressive Drugs, Gemfibrozil, Niacin (Nicotinic Acid), Erythromycin:* See **WARNINGS: Skeletal Muscle**. *Cytochrome P450 3A4 Inhibitors In vitro and in vivo* data indicate that pravastatin is not metabolized by cytochrome P450 3A4 to a clinically significant extent. This has been shown in studies with known cytochrome P450 3A4 inhibitors (see diltiazem and itraconazole below). Other examples of cytochrome P450 3A4 inhibitors include ketoconazole, mibefradil, and erythromycin. *Diltiazem* – Steady-state levels of diltiazem (a known, weak inhibitor of P450 3A4) had no effect on the pharmacokinetics of pravastatin. In this study, the AUC and C_{max} of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 3.6 and 4.3, respectively. *Itraconazole* – The mean AUC and C_{max} for pravastatin were increased by factors of 1.7 and 2.5, respectively, when given with itraconazole (a potent P450 3A4 inhibitor which also inhibits p-glycoprotein transport) as compared to placebo. The mean $t_{1/2}$ was not affected by itraconazole, suggesting that the relatively small increases in C_{max} and AUC were due solely to increased bioavailability rather than a decrease in clearance, consistent with inhibition of p-glycoprotein transport by itraconazole. This drug transport system is thought to affect bioavailability and excretion of HMG-CoA reductase inhibitors, including pravastatin. The AUC and C_{max} of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 19 and 17, respectively, when given with itraconazole. *Antipyrine:* Since concomitant administration of pravastatin had no effect on the clearance of antipyrine, interactions with other drugs metabolized via the same hepatic cytochrome isozymes are not expected. *Cholestyramine/Colestipol.* Concomitant administration resulted in an approximately 40 to 50% decrease in the mean AUC of pravastatin. However, when pravastatin was administered 1 hour before or 4 hours after cholestyramine or 1 hour before colestipol and a standard meal, there was no clinically significant decrease in bioavailability or therapeutic effect. (See **DOSAGE AND ADMINISTRATION: Concomitant Therapy**.) *Warfarin:* Pravastatin had no clinically significant effect on prothrombin time when administered in a study to normal elderly subjects who were stabilized on warfarin. *Cimetidine:* The $AUC_{0\text{-}12\ hr}$ for pravastatin when given with cimetidine was not significantly different from the AUC for pravastatin when given alone. A significant difference was observed between the AUC's for pravastatin when given with cimetidine compared to when administered with antacid. *Digoxin:* In a crossover trial involving 18 healthy male subjects given pravastatin and digoxin concurrently for 9 days, the bioavailability parameters of digoxin were not affected. The AUC of pravastatin tended to increase, but the overall bioavailability of pravastatin plus its metabolites SQ 31,906 and SQ 31,945 was not altered. *Cyclosporine:* Some investigators have measured cyclosporine levels in patients on pravastatin, and to date, these results indicate no clinically meaningful elevations in cyclosporine levels. In one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine. *Gemfibrozil:* In a crossover study in 20 healthy male volunteers given concomitant single doses of pravastatin and gemfibrozil, there was a significant decrease in urinary excretion and protein binding of pravastatin. In addition, there was a significant increase in AUC, C_{max}, and T_{max} for the pravastatin metabolite SQ 31,906. Combination therapy with pravastatin and gemfibrozil is generally not recommended. In interaction studies with *aspirin, antacids* (1 hour prior to PRAVACHOL), *cimetidine, nicotinic acid,* or *probucol,* no statistically significant differences in bioavailability were seen when PRAVACHOL was administered. **Endocrine Function:** HMG-CoA reductase inhibitors interfere with cholesterol synthesis and lower circulating cholesterol levels and, as such, might theoretically blunt adrenal or gonadal steroid hormone production. Results of clinical trials with pravastatin in males and post-menopausal females were inconsistent with regard to possible effects of the drug on basal steroid hormone levels. In a study of 21 males, the mean testosterone response to human chorionic gonadotropin was significantly reduced ($p<0.004$) after 16 weeks of treatment with 40 mg of pravastatin. However, the percentage of patients showing a ≥50% rise in plasma testosterone after human chononic gonadotropin stimulation did not change significantly after therapy in these patients. The effects of HMG-CoA reductase inhibitors on spermatogenesis and fertility have not been studied in adequate numbers of patients. The effects, if any, of pravastatin on the pituitary-gonadal axis in premenopausal females are unknown. Patients treated with pravastatin who display clinical evidence of endocrine dysfunction should be evaluated appropriately. Caution should also be exercised if an HMG-CoA reductase inhibitor or other agent used to lower cholesterol levels is administered to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may diminish the levels or activity of steroid hormones. **CNS Toxicity:** CNS vascular lesions, characterized by perivascular hemorrhage and edema and mononuclear cell infiltration of perivascular spaces, were seen in dogs treated with pravastatin at a dose of 25 mg/kg/day, a dose that produced a plasma drug level about 50 times higher than the mean drug level in humans taking 40 mg/day. Similar CNS vascular lesions have been observed with several other drugs in this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion starting at 60 mg/kg/day, a dose that produced mean plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose (as measured by total enzyme inhibitory activity). This same drug also produced vestibulocochlear Wallerian-like degeneration and retinal ganglion cell chromatolysis in dogs treated for 14 weeks at 180 mg/kg/day, a dose which resulted in a mean plasma drug level similar to that seen with the 60 mg/kg/day dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In a 2-year study in rats fed pravastatin at doses of 10, 30, or 100 mg/kg body weight, there was an increased incidence of hepatocellular carcinomas in males at the highest dose ($p<0.01$). Although rats were given up to 125 times the human dose (HD) on a body weight basis, serum drug levels were only 6 to 10 times higher than those measured in humans given 40 mg pravastatin as measured by AUC. In a 2-year study in mice fed pravastatin at doses of 250 and 500 mg/kg/day, there was increased incidence of hepatocellular carcinomas in males and females at both 250 and 500 mg/kg/day ($p<0.06$); these doses, lung adenomas in females were increased ($p=0.013$). Serum drug levels were 30 to 40 times (250 mg/kg) and 50 times (500 mg/kg/day) that of humans given 40 mg pravastatin, as measured by AUC. In another 2-year study in mice with doses at up to 100 mg/kg/day (producing plasma drug levels up to 5 times human drug levels at 40 mg/day) were no drug-induced tumors. No evidence of mutagenicity was observed *in vitro,* with or without rat-liver metabolic activation, in the following studies: microbial mutagen tests, using mutant strains of *Saimonella typhimunum* or *Escherichia coli*; a forward mutation assay in L5178Y TK +/- mouse lymphoma cells, a chromosomal aberration test in hamster cells; a gene conversion assay using *Saccharomyces cerevisiae.* In addition, there was no evidence of mutagenicity in either a dominant lethal test in mice or a micronucleus test in mice. In a study in rats, with daily doses up to 500 mg/kg, pravastatin did not produce any adverse effects on fertility or general reproductive performance. However, in a study with another HMG-CoA reductase inhibitor, there was decreased fertility in male rats treated for 34 weeks at 25 mg/kg body weight, although this effect was not observed in a subsequent fertility study when this same dose was administered for 11 weeks (the entire period of spermatogenesis, including epididymal maturation). In rats treated with this same reductase inhibitor at 180 mg/kg/day, seminiferous tubule degeneration (necrosis and loss of spermatogenic epithelium) was observed. Although pot see pravastatin, two similar drugs in this class caused drug-related testicular atrophy, decreased spermatogenesis, spermatocytic degeneration, and giant cell formation in dogs. The clinical significance of these findings is unclear. **Pregnancy Category X.** See **CONTRAINDICATIONS**. Safety in pregnant women has not been established. Pravastatin is not teratogenic in rats at doses up to 1000 mg/kg daily or in rabbits at doses of up to 50 mg/kg daily. These doses result in 20x (rabbit) or 240x (rat) the human exposure based on surface area (mg/meter²). Rare reports of congenital anomalies have been received following intrauterine exposure to other HMG-CoA reductase inhibitors. In a review[1] of approximately 100 prospectively followed pregnancies in women exposed to simvastatin or lovastatin, the incidences of congenital anomalies, spontaneous abortions and fetal deaths/stillbirths did not exceed what would be expected in the general population. The number of cases is adequate only to exclude a three-to-four-fold increase in congenital anomalies over the background incidence. In 89% of the prospectively followed pregnancies, drug treatment was initiated prior to pregnancy and was continued at some point in the first trimester when pregnancy was identified. As safety in pregnant women has not been established and there is no apparent benefit to therapy with PRAVACHOL during pregnancy (see **CONTRAINDICATIONS**), treatment should be immediately discontinued as soon as pregnancy is recognized. PRAVACHOL (pravastatin sodium) should be administered to women of child-bearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. **Nursing Mothers:** A small amount of pravastatin is excreted in human breast milk. Because of the potential for serious adverse reactions in nursing infants, women taking PRAVACHOL should not nurse (see **CONTRAINDICATIONS**). **Pediatric Use:** Safety and effectiveness in individuals less than 18 years old have not been established. Hence, treatment in patients less than 18 years old is not recommended at this time. **Geriatric Use:** Two secondary prevention trials with pravastatin (CARE and LIPID) included a total of 6,593 subjects treated with pravastatin 40 mg for periods ranging up to 6 years. Across these two studies, 36.1% of pravastatin subjects were aged 65 and older and 0.8% were aged 75 and older. The beneficial effect of pravastatin in elderly subjects in reducing cardiovascular events and in modifying lipid profiles was similar to that seen in younger subjects. The adverse event profile in the elderly was similar to that in the overall population. Other reported clinical experience has not identified differences in responses to pravastatin between elderly and younger patients. Mean pravastatin AUCs are slightly (25-50%) higher in elderly subjects than in healthy volunteer subjects, but mean C_{max}, T_{max} and $t_{1/2}$ values are similar in both age groups and substantial accumulation of pravastatin would not be expected in the elderly (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**).

ADVERSE REACTIONS: Pravastatin is generally well tolerated; adverse reactions have usually been mild and transient. In 4-month long placebo-controlled trials, 1.7% of pravastatin-treated patients and 1.2% of placebo-treated patients discontinued from treatment because of adverse experiences attributed to study drug therapy; this difference was not statistically significant. In long-term studies, the most common reasons for discontinuation were asymptomatic serum transaminase increases and, non-specific gastrointestinal complaints. (See also **PRECAUTIONS: Geriatric Use** section.) **Adverse Clinical Events:** All adverse clinical events (regardless of attribution) reported in more than 2% of pravastatin-treated patients in the placebo-controlled trials are identified in the table below; also shown are the percentages of patients in whom these medical events were believed to be related or possibly related to the drug:

	All Events		Events Attributed to Study Drug	
Body System/Event	**Pravastatin (N = 900) %**	**Placebo (N = 411) %**	**Pravastatin (N = 900) %**	**Placebo (N = 411) %**
Cardiovascular				
Cardiac Chest Pain	4.0	3.4	0.1	0.0
Dermatologic Rash	4.0*	1.1	1.3	0.9
Gastrointestinal				
Nausea/Vomiting	7.3	7.1	2.9	3.4
Diarrhea	6.2	5.6	2.0	1.9
Abdominal Pain	5.4	6.9	2.0	3.9
Constipation	4.0	7.1	2.4	5.1
Flatulence	3.3	3.6	2.7	3.4
Heartburn	2.9	1.9	2.0	0.7
General				
Fatigue	3.8	3.4	1.9	1.0
Chest Pain	3.7	1.9	0.3	0.2
Influenza	2.4*	0.7	0.0	0.0
Musculoskeletal				
Localized Pain	10.0	9.0	1.4	1.5
Myalgia	2.7	1.0	0.6	0.0
Nervous System				
Headache	6.2	3.9	1.7*	0.2
Dizziness	3.3	3.2	1.0	0.5
Renal/Genitourinary				
Urinary Abnormality	2.4	2.9	0.7	1.2
Respiratory				
Common Cold	7.0	6.3	0.0	0.0
Rhinitis	4.0	4.1	0.1	0.0
Cough	2.6	1.7	0.1	0.0

*Statistically significantly different from placebo.

In three large, placebo-controlled trials (West of Scotland Coronary Prevention study [WOS], Cholesterol and Recurrent Events study [CARE], and Long-term Intervention with Pravastatin in Ischemic Disease study [LIPID]) involving a total of 19,768 patients treated with PRAVACHOL (pravastatin sodium) (N=9895) or placebo (N=9873), the safety and tolerability profile of the pravastatin group was comparable to that of the placebo group over the median 4.8 to 5.9 years of follow-up. The following effects have been reported with drugs in this class, not all the effects listed below have necessarily been associated with pravastatin therapy. *Skeletal* myopathy, rhabdomyolysis, arthralgia. *Neurological* dysfunction of certain cranial nerves (including alteration of taste, impairment of extra-ocular movement, facial paresis), tremor, vertigo, memory loss, paresthesia, peripheral neuropathy, peripheral nerve palsy, anxiety, insomnia, depression. *Hypersensitivity Reactions:* An apparent hypersensitivity syndrome has been reported rarely which has included one or more of the following features: anaphylaxis, angioedema, lupus erythematous-like syndrome, polymyalgia rheumatica, dermatomyositis, vasculitis, purpura, thrombocytopenia, leukopenia, hemolytic anemia, positive ANA, ESR increase, eosinophilia, arthritis, arthralgia, urticaria, asthenia, photosensitivity, fever, chills, flushing, malaise, dyspnea, toxic epidermal necrolysis, erythema multiforme, including Stevens-Johnson syndrome. *Gastrointestinal:* pancreatitis, hepatitis, including chronic active hepatitis, cholestatic jaundice, fatty change in liver, and, rarely, cirrhosis, fulminant hepatic necrosis, and hepatoma, anorexia, vomiting. *Skin* alopecia, pruritus. A variety of skin changes (e.g., nodules, discoloration, dryness of skin/mucous membranes, changes to hair/nails) have been reported. *Reproductive:* gynecomastia, loss of libido, erectile dysfunction. *Eye:* progression of cataracta (lens opacities), ophthalmoplegia. *Laboratory Abnormalities:* elevated transaminases, alkaline phosphatase, and bilirubin; thyroid function abnormalities. **Laboratory Test Abnormalities:** Increases in serum transaminase (ALT, AST) values and CPK have been observed (see **WARNINGS**). Transient, asymptomatic eosinophilia has been reported. Eosinophil counts usually returned to normal despite continued therapy. Anemia, thrombocytopenia, and leukopenia have been reported with HMG-CoA reductase inhibitors. **Concomitant Therapy:** Pravastatin has been administered concurrently with cholestyramine, colestipol, nicotinic acid, probucol and gemfibrozil. Preliminary data suggest that the addition of either probucol or gemfibrozil to therapy with lovastatin or pravastatin is **not** associated with greater reduction in LDL-cholesterol than that achieved with lovastatin or pravastatin alone. No adverse reactions unique to the combination or in addition to those previously reported for each drug alone have been reported. Myopathy and rhabdomyolysis (with or without acute renal failure) have been reported when another HMG-CoA reductase inhibitor was used in combination with immunosuppressive drugs, gemfibrozil, erythromycin, or lipid-lowering doses of nicotinic acid. Concomitant therapy with HMG-CoA reductase inhibitors and these agents is generally not recommended. (See **WARNINGS: Skeletal Muscle** and **PRECAUTIONS: Drug Interactions**.)

OVERDOSAGE: To date, there are two reported cases of overdosage with pravastatin, both of which were asymptomatic and not associated with clinical laboratory abnormalities. If an overdose occurs, it should be treated symptomatically and supportive measures should be instituted as required.

REFERENCE: [1]Manson JM, Freyssinges C, Ducrocq MB, Stephenson WP. Postmarketing Surveillance of Lovastatin and Simvastatin Exposure During Pregnancy. *Reproductive Toxicology* 10(6) 439-446, 1996

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Unfortunately, nearly 40% of women in their sixties have osteoporosis.

Fortunately, there's FOSAMAX.

Ask your doctor about a bone density test.

rly on, osteoporosis is a silent disease, so u may not see any signs. Risk increases with e and varies from person to person. In fact, er the age of 80, over 75% of women have teoporosis. If you have a thin build, are ucasian or Asian, have a family history of teoporosis, or are a smoker, your risk for teoporosis increases.

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FOSAMAX is proven to help build bone.

SAMAX is a nonhormonal tablet for the atment and prevention of osteoporosis in stmenopausal women. FOSAMAX has been oven to help build bone. Increases in bone ass were evident as early as three months after erapy was begun. FOSAMAX is the number- e prescribed osteoporosis drug treatment.*

FOSAMAX is also available in a once-weekly tablet.

FOSAMAX is the only once-weekly tablet for the treatment and prevention of postmenopausal osteoporosis. In studies, FOSAMAX Once Weekly was as effective as FOSAMAX Once Daily in increasing bone density. And FOSAMAX is the only oral medication with a convenient once-weekly option proven to help build bone.

Important information about FOSAMAX.

You should not use FOSAMAX if you have certain disorders of the esophagus (the tube connecting the mouth with the stomach), are unable to stand or sit upright for 30 minutes, have severe kidney disease, low blood calcium, or are allergic to FOSAMAX. Use with caution if you have stomach or digestive problems. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus. (See Patient Product Information for more details.) Digestive side effects in studies were generally mild and included stomach pain, indigestion/heartburn, or nausea.

Ask your doctor about a bone density test and if FOSAMAX is right for you.

FOSAMAX Once Weekly
Proven to help build bone.

ONCE WEEKLY
FOSAMAX®
(alendronate sodium tablets)

ease see the Brief Summary of Patient Product Information on the following page and discuss it with your doctor.

ource: IMS HEALTH, National Prescription Audit *PLUS*™ (NPA *PLUS*™) and the National Disease and Therapeutic Index™ (based on total prescriptions for the eriod January 1, 2001 to August 31, 2001).

FOSAMAX®
(alendronate sodium tablets)

FOSAMAX is available as a tablet taken **once daily** or as a tablet taken **once weekly**. It is important that you know which tablet your doctor has prescribed and that you take FOSAMAX as directed by your doctor.

Please read this information before you start taking FOSAMAX*. Also, read the information each time you renew your prescription, just in case anything has changed. Remember, this information does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

FOSAMAX is a tablet to be taken **once daily** or as a tablet to be taken **once weekly**.

- If your doctor has prescribed FOSAMAX as a tablet to be taken **once daily**, take FOSAMAX once a day, every day. If you miss a dose, do not take it later in the day. Continue your usual schedule of one tablet once a day the next morning.
- If your doctor has prescribed FOSAMAX as a tablet to be taken **once weekly**, choose the day of the week that best fits your schedule. Every week, take one tablet on your chosen day. If you miss a dose, take only one FOSAMAX **Once Weekly** tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

Whether your doctor has prescribed FOSAMAX to be taken **once weekly** or **once daily**, these are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, and before taking your first food, beverage, or other medication, swallow your FOSAMAX tablet with a full glass (6-8 oz) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
   Do not chew or suck on a tablet of FOSAMAX.
2. **After swallowing your FOSAMAX tablet do not lie down - stay fully upright (sitting, standing, or walking) for at least 30 minutes and do not lie down until after your first food of the day.** This will help the FOSAMAX tablet reach your stomach quickly and help reduce the potential for irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.

What is FOSAMAX?

FOSAMAX Once Daily and Once Weekly can be used to:

- **Treat or prevent osteoporosis (thinning of bone) in women after menopause, and reduce their chance of having a hip or spinal fracture**
- **Increase bone mass in men with osteoporosis**

FOSAMAX Once Daily is also for the treatment of osteoporosis in both men and women receiving corticosteroid medications (for example, prednisone).

You will find more information about osteoporosis at the end of this summary.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause or with use of corticosteroid medications
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or nursing
  If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally severe and/or with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes or before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea, black and/or bloody stools, stomach or other peptic ulcers (some severe), and gas.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash (occasionally made worse by sunlight) or eye pain have occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause and may also occur in men. Osteoporosis often occurs in wome
eral years after the menopause, which happens w
the ovaries stop producing the female hormone es
or are removed (which may occur, for example, at th
of a hysterectomy). After menopause, bone is ren
faster than it is formed, so bone loss occurs and b
become weaker.

Osteoporosis can also occur in men due to severa
causes, including aging and/or a low level of the m
hormone testosterone. It may also be caused by c
medications called corticosteroids in both men an
women. In all instances of osteoporosis, bone is
removed faster than it is formed, so bone loss occ
and bones become weaker. Therefore, maintainin
mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms
can result in fractures (broken bones). Fractures u
cause pain. Fractures of the bones of the spine m
be painful, but over time they cause height loss.
Eventually the spine becomes curved and the bod
becomes bent over. Fractures may happen during
mal, everyday activity, such as lifting, or from minc
injury that would normally not cause bone to break

Fractures most often occur at the hip, spine, or wr
This can lead to pain, severe disability, or loss of
mobility.

Osteoporosis in men and women caused by corticosteroids

Corticosteroids can cause bone to be removed fas
than it is formed, so bone loss occurs and bones
become weaker. Therefore, maintaining bone mass
important to keep your bones healthy. It is importa
take your corticosteroid medication as recommend
your doctor.

How can osteoporosis be treated or prevented

- **Medication.**
  FOSAMAX acts specifically on your bones. FOSA
  is not a hormone and does not have the benefit
  risks of estrogen (hormone replacement therapy
  in postmenopausal women) elsewhere in your b
- **Lifestyle changes.**
  In addition to FOSAMAX, your doctor may recom
  one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase
    risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcoh
    appears to increase the risk of osteoporosis a
    injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones nee
    exercise to stay strong and healthy. Exercise
    be safe to prevent injuries including fractures
    should consult your doctor before you begin a
    exercise program.
  - **Eat a balanced diet.** Adequate dietary calciu
    important. Your doctor can advise you whethe
    need to change your diet or take any dietary s
    plements such as calcium or vitamin D.

This medication is prescribed for a particular condi
Do not use it for another condition or give the drug
others. Keep FOSAMAX and all medicines out of th
reach of children. If you suspect that more than the
prescribed dose of this medicine has been taken,
drink a full glass of milk and contact your local poi
control center or emergency room immediately. Do
induce vomiting. Do not lie down.

This provides a summary of information about
FOSAMAX. If you have any questions or concerns a
either FOSAMAX or osteoporosis, talk to your docto
In addition, talk to your pharmacist or other health
care provider.

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An average person tosses and turns up to 60 times each night on an innerspring mattress due to uncomfortable pressure points. But on the Sleep Number® Bed by Select Comfort®, tossing and turning is notably reduced because air gently contours to your body's shape.

5 You'll get relief from back pain

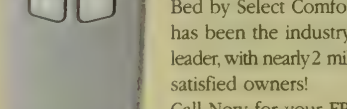
Clinical studies show an amazing 93% of participants reported back pain relief while 90% said other aches and pains were reduced*. It's true, the Sleep Number® bed can provide a better night's sleep even for back-pain sufferers.



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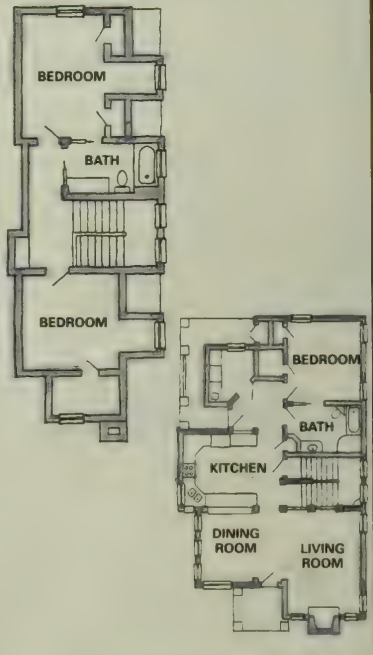
Call Now! For a FREE Video & Brochure

*A description of the clinical research is available by calling 1-800-831-1211



Easy Living—At Any Age

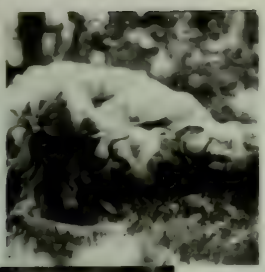
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Drugs, the Internet, and your kids



Drug dealers have gone high-tech, offering everything from LSD to ecstasy over the Internet. With a few clicks of the mouse, your child can have drugs delivered right to the mailbox.

A peek into your teenage daughter's bedroom reveals she is engaged in front of her personal computer. Before you assume she's plugging away at her homework, take a closer look. Rather than serving as a benign research tool, the Internet may actually become your child's drug dealer. With just a few clicks of the mouse and a credit card number, she can have illegal drugs delivered to your home.

"The Internet is changing the way everybody does business, including the bad guys," U.S. Customs Service spokesman Dean Boyd says. The days of needing to "know someone" to score drugs are over. Children need only know how to use a computer.

What can be bought

"It's all up for grabs. You can get almost anything that you want if you are willing to look for it," says Robert Stephenson of the Substance Abuse and Mental Health Services Administration (SAMHSA).

Hard-core drugs, such as heroin and cocaine, are difficult to find. Others aren't.

"In just a quick, five-minute search, I found a dozen places to buy marijuana," says William Caltrider, president of the Center for Alcohol and Drug Research and Education.

Marijuana is the most commonly used illicit drug in America, and its popularity among teens is increasing. SAMHSA found that marijuana use among youth more than doubled between 1992 and 1999. As interest in the drug has increased, so has its potency. The concentration of THC—the plant's psychoactive chemical—in American-grown marijuana has increased by five to 10 times since 1977.

Other teen favorites, such as steroids (see "Drug Primer," *page 88*) and the "club drugs"

continued on page 86



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Drugs, the Internet, and Your Kids

continued from page 84

associated with rave parties, are easily found. Underage Web surfers can also buy legal substances, such as alcohol, cigarettes, and "herbal drugs" like ephedra. Online advertisements for legal and unregulated drugs, such as Herbal Ecstasy, promise the same high as their illegal counterparts. Prescription drugs—including such potentially addictive painkillers as Vicodin and OxyContin—are also readily available online without a prescription.

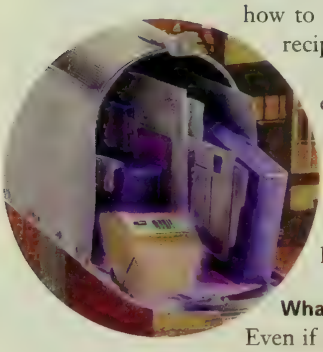
Police are doing little to curb online drug sales, making the Internet a secure place for drug dealers to do business.

No official data about online drug sales is kept, so it is hard to know who is making such purchases. One police officer who investigates these crimes says the users he has seen are predominately middle-class whites, ages 14 to 26.

At most drug-sale sites, anyone can make a purchase with cash, a money order, or a credit card.

Some Web sites selling drugs can be found with a simple search engine, while others are hidden or require a password for access. Teens sometimes use chat rooms, message boards, and e-mail to distribute addresses to these sites, to arrange drug sales, and to share information about drugs.

Kids can go online to find drugs or rave parties (see "Drug Primer," *page 88*) in their city. Teens can also learn how to make illegal drugs; plenty of Web sites offer recipes, ingredients, and detailed how-to photos.



Other sites, which pass themselves off as health or educational sites, give teens frightening advice, such as telling them to avoid hospital emergency rooms for treatment of a drug overdose. There are also sites that give tips for hiding drugs so they can't be found during a police search, and hints for passing a drug test.

What parents can do

Even if supervised on the Internet at home, kids often have access to it at friends' homes, at school, even at the library. But parents can protect their children.

- Start talking to your child when he is young. Drug prevention is most effective among 5- to 12-year-olds. On average, children are offered their first cigarette by third grade, says Cynthia Knowles, a drug prevention specialist for a rural New York school district.

"They'll push you away—they are kids. But you have to just stay close," Knowles says.

- Remove computers from children's bedrooms. They should have access to the Internet only in a communal area. This way you can monitor them when they are on the Web, says Winn Schwartau, author of *Internet and Computer Ethics for Kids*.

"Parental responsibility means you know where your child is going," Schwartau says. "Parents want to know

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STRATEGIES FOR KEEPING YOUR CHILDREN DRUG-FREE

Drug abuse experts say that children aren't likely to make their first drug purchase online. Once a child is introduced to drugs, however, the Internet could be an easy way for kids to score in the future. The best way to keep children from buying drugs online is to be certain they never start using drugs.

"If you don't use drugs, then you don't use these Web sites," says Dr. Edward Jacobs, chair of the American Academy of Pediatrics' Committee on Substance Abuse.

Phoenix House, the nation's largest drug treatment organization, gives parents seven tips for keeping children off drugs.

1. Make it clear that you don't want your children to use drugs or be friends with others who do. Talk often about the dangers of drug and alcohol use.

2. Be a good listener and ask and encourage questions. Your willingness to listen will make your child feel more comfortable about opening up to you.

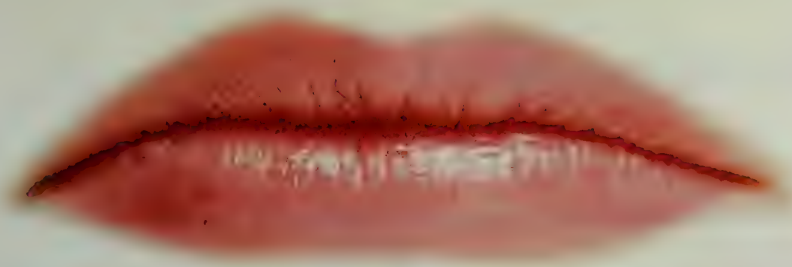
3. Give honest answers. Don't make up what you don't know. If your child asks whether you've ever taken drugs, don't be afraid to say, "I made a mistake." It is a powerful way to communicate your values to your teenager.

4. Use media reports, anti-drug commercials, and school discussions about drugs to help introduce the subject. A good place for such a discussion is when you are in the car together.

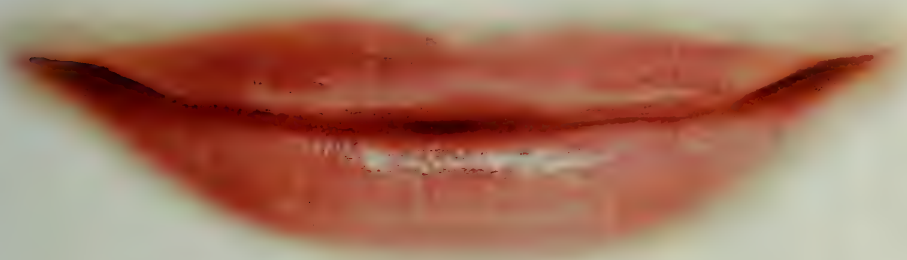
5. Don't react in a way that will cut off discussion. If your child says things that shock you, respond with a calm discussion of why people use drugs and whether it is worth the risk.

6. Know where your child is and whom he or she is with.

7. Make sure that all your time with your child isn't just about rules and discipline. Hang out with your child doing fun, simple things.



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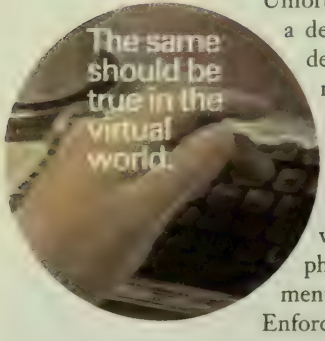
Drugs, the Internet, and Your Kids

continued from page 86

this in a physical world and they should also know it in the virtual world."

- Create an Internet Use Agreement with your child. Give her age-appropriate restrictions on what she can do online, and set consequences if she violates the agreement.
- If you're not Internet savvy, ask your child to show you around the Web. You'll get an idea of what they see online. Review their bookmarks. If you notice any suspicious Web sites, report them to the FDA at *http://www.fda.gov/oc/buyonline/buyonlineform.htm* and then delete sites from the computer.
- Use a filtering system that blocks inappropriate material. Be aware that, even with such a program, kids can find questionable material, such as books hyping the "positive" effects of drugs or information on drinking games.
- If your child has a credit card, keep tabs on the billing statements and look for unusual charges. Also watch for unmarked deliveries or evidence that a child has opened a Post Office box to receive packages discreetly.

Parents ask where their kids are going in the physical world.



Where are the CyberPolice?

Unfortunately, there are none. The Internet is less than a decade old and the federal government has not declared who should patrol the medium. For now, most of the agencies defer to the other, making the Internet a fairly secure place for drug dealers.

The Food and Drug Administration is shutting down domestic pharmacies that sell drugs without prescriptions online. The Customs Service works with foreign governments to close illegal Web pharmacies overseas, and does its best to seize shipments of illegal drugs arriving from abroad. The Drug Enforcement Administration won't disclose whether it is actively investigating Internet crimes, and the FBI says it limits investigations to "larger distribution operations" and leaves small-time Internet drug sales to local jurisdictions to handle. But of the five largest U.S. cities, only the New York Police Department has a bureau that actively investigates Internet drug crimes.

"We're still trying to iron out some of the fine points on how to most effectively attack this high-tech problem," NYPD's Sgt. Ed Maley says. "This is fairly new to everybody in law enforcement."

Although law enforcement, government, and drug prevention officials say the problem is minor, they all agree it will likely get worse before improving.

"This is certainly a window of opportunity for kids," says Knowles. "Five years from now there will probably be more policing, but right now the window is wide open for drug dealers."

DRUG PRIMER

Marijuana (*pot, weed, mary jane*) is usually smoked as a cigarette. Its effects include increased heart rate, dry mouth, and impaired motor skills. Users experience such health problems as bronchitis, emphysema, and asthma.

Anabolic steroids (*Anavar, Anadrol, testosterone*) promote muscle growth. Abuse may cause stunted growth, elevated blood pressure, and severe acne. Males may experience premature balding and abnormal breast development. Females may have a deeper voice and fewer menstrual cycles.

Rave parties. Late-night dance parties usually held in abandoned warehouses. The six "club drugs" listed below are popular because of their availability, and prices as low as $2 to $30 per "hit."

Ecstasy (*X*) is synthetic hallucinogenic drug that can cause anxiety, nausea, sweating, tremors, involuntary teeth clenching, muscle cramping, and brain damage. Ecstasy use has increased 500 percent in just five years.

Rohypnol (*roofies, roaches, rope*) is a depressant but it can cause aggression in some users. Adverse effects include low blood pressure, impaired memory, drowsiness, gastrointestinal disturbances, and urinary retention.

LSD (*acid, trips, blotter*) is a powerful hallucinogenic that is usually taken orally. It can produce profound adverse reactions, such as acute panic reactions, psychotic crises, and flashbacks.

Ketamine (*Special K, Vitamin K*) is a veterinary anesthetic that is snorted, placed in alcohol, or smoked with marijuana. Its effects, similar to LSD, last an hour or less but it can affect the senses, judgment, and coordination for 24 hours.

GHB (*Liquid X, Georgia Home Boy*) is a hallucinatory depressant that stimulates muscle growth. Overdoses may cause drowsiness, nausea, unconsciousness, seizures, coma, and death.

Methamphetamine (*speed, crystal, crank, ice*) is an addictive stimulant that can be made using over-the-counter ingredients. Effects include increased activity, decreased appetite, and a sense of well-being. After an initial six-hour "rush," users may become violent.



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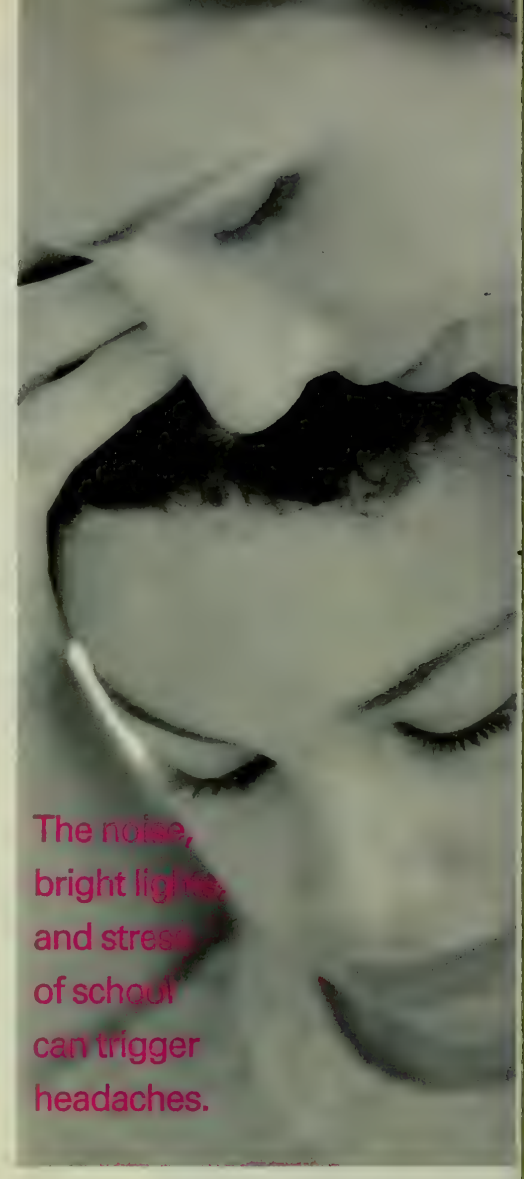
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Make It Feel Better



For as long as she can remember, Ellen Guswiler, of Chicago, had headaches. Ellen, now a junior in high school, says the headaches peaked in her freshman year. "I had an excruciating headache all day, which got even worse around 2 o'clock."

Approximately 60 percent of all children suffer occasionally from headaches, according to the National Headache Foundation. More severe, recurring headaches, such as the ones suffered by Ellen, affect up to 20 percent of adolescents and 5 percent of young children.

Ellen's pediatrician sent her to a neurologist. "The neurologist recommended stronger pain medication, but that didn't help. I thought I had a brain tumor," Ellen says.

Next, she went to the Diamond Headache Clinic in Chicago and found that some of her over-the-counter pain medications were actually making her headaches worse. Her doctor prescribed an antidepressant, Zoloft, as a migraine preventive medication. "It made a big difference right away," Ellen says. She's been almost headache free for two years through use of the medication.

Seeing a headache specialist is endorsed by Marcia Seawell, the support group coordinator in Denver for the American Council for Headache Education (ACHE).

Sometimes families don't take their child's pain seriously, Seawell says. They may think their student doesn't want to go to school. Or sometimes parents feel that the child just has to live with the pain. "That's not a good idea," Seawell says. "There doesn't have to be such suffering."

Seawell, herself a migraine sufferer, says for years people thought severe headaches were just psychological. With new technology, researchers finally pinned down what was happening in the brain. "Migraines are a biological illness," Seawell says. "They are real and need to be treated."

Seymour Diamond, a physician and director of the Diamond Headache Clinic, says that even children who suffer severe, recurring headaches can be successfully treated. "For migraine and most headaches, you can expect an 80 to 90 percent reduction of symptoms if treated properly," says Diamond, author of *Headache and Your Child* (2001).

What type of headache?

The first step in determining treatment is identifying which type of severe headache you have and the factors surrounding the onset of the pain.

Tension-type headaches (TTHs)—sometimes called stress headaches or muscle-contraction headaches—are the most common types of headaches among children and adolescents. Symptoms include mild to moderate pain throughout the entire head, general muscle aches, and fatigue. The TTH can last from 30 minutes to several days.

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BREAKFAST MADE RIGHT

continued from page 90

"Some type of environmental or internal stress usually triggers TTH," Diamond says. "The most common sources of stress could include problems at home, having no close friends, being overweight, competing in sports, starting a new part-time job, going to a new school, or being involved in too many extracurricular activities.

"The tension-type headache is best treated when the symptoms first begin and are mild, before they become more frequent and develop into a permanent pattern," Diamond says. Over-the-counter medications are usually effective. Other treatments include ice packs for the area of the head where there is pain, a warm bath or shower, a nap, or a gentle back or neck rub.

Migraines, a separate class of severe headache, are caused by the constriction of arteries in the brain. This may cause pounding or throbbing head pain, paleness, sensitivity to sound or light, abdominal pain, loss of appetite, and nausea and vomiting. Younger children who have migraines often get them in the afternoon after school; young adolescents often get migraines during the school lunch hour—triggered by a combination of noise, bright lights, and the stress of interacting with peers.

Diamond says kids, or parents if the child is too young, should keep a headache diary. Keeping a diary can help identify headache triggers. "Look for how often and how long the headache lasts; the location of the headache; other symptoms, such as nausea, vomiting, and dizziness; when the headache first occurred; and what was happening at the time," Diamond says. Also, you should note if the pain gets worse, or if the pain comes and goes.

Some other migraine triggers include:

- **Ovulation or menstruation.** Hormonal changes can launch the pain. "Migraines are more prevalent in boys than girls up to the age of puberty," Diamond says. "As girls get older, migraines become more pronounced."
- **Diet.** Certain foods or food additives are triggers in about 30 percent of the cases. These foods include aged cheeses; pizza (cheese and yeast in the dough can be the culprits); bologna, sausage, or hot dogs containing nitrates; chocolate; yogurt; and the preservative MSG. Also, skipping meals, which lowers the body's blood sugar level, can start an episode.
- **Medications.** Oral contraceptives and asthma treatments may cause the headaches.
- **Caffeine.** Sometimes too much chocolate or too many caffeinated soft drinks cause the brain's blood vessels to relax and the pain begins.
- **Changes in routine.** Travel, illness, or lack of sleep can be a problem, as well as times immediately after stress.

Diamond says, "By identifying your child's migraine triggers, you can take steps to avoid or correct the trigger."

Stopping the pain

If headaches start despite precautions, breathing exercises and other biofeedback techniques can also be used to reduce the number and severity of attacks. Here, for example, is one exercise Diamond recommends for older students battling TTHs or migraines:

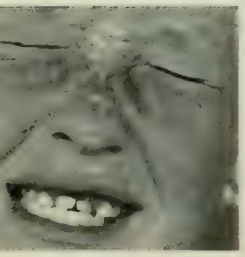
Exhale completely, pulling in the abdominal muscles. Then gently begin to inhale through the nose while slowly pushing out the abdomen. Imagine that you are breathing in a sense of ease, quiet energy, and well-being. Keep inhaling, to the bottom of your lungs, allowing the chest to expand slightly. Don't allow shoulders to rise.

When your lungs feel full, slowly begin to exhale through your mouth, while concentrating on the abdominal muscles—again not moving your shoulders. Visualize that you are exhaling any feelings of discomfort and muscle tension. Continue to gently exhale through your mouth, allowing a sense of quiet to take over your relaxed body.

Diamond advises patients to breathe in and out like this three times, and to repeat the exercise several times a day.

But, Diamond adds, "In addition to biofeedback, many children will need medications to stop or prevent their headaches, or to treat the pain."

Seeing a headache specialist is an important step in all treatment methods. But what if your managed-care plan balks at covering it? Marcia Seawell, ACHE support group coordinator, says, "It's just awfully difficult sometimes to get a referral. Don't take no from the person at the other end of the phone. Being a strong and persistent advocate for your child is the best thing you can be."



A WEB OF HEADACHE NEWS

Organizations that offer Internet information to headache sufferers and their families include the following:

- The National Headache Foundation: www.headaches.org. This foundation can provide a list of member physicians in your area who are interested in headache management. The Web site also offers information about support groups in communities around the country.
- American Council for Headache Education (ACHE): www.achenet.org. This site offers a vast well of helpful material, including a section covering headaches in children.
- The World Headache Alliance: www.w-h-a.org. This is a lay organization that provides comprehensive, updated information for headache sufferers.
- Migraine Sufferers Support Group: www.migraine.co.nz.
- International Headache Society: www.i-h-s.org.

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Category II—Decorating

Solely cosmetic changes to your home's interior in each of the following three divisions: ■ Public rooms: living room, family room, kitchen, dining room, porch, sunroom ■ Whole-house redecorating ■ Private rooms: bedrooms, bathrooms, and home offices

continued on page 96

Home Improvement Contest Announcement continued from page 95

2002 Awards

Best of Contest: $10,000 cash plus an 8-day/7-night vacation for four* at Horizons by Marriott Vacation Club in Orlando, Florida. Horizons offers an action-packed and fun-filled vacation experience for the whole family.

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Category Prizes

1. Remodeling: Prizes given in each of the eight divisions for: ▪ Class A—large projects: $1,500 ▪ Class B—medium projects: $750 ▪ Class C—small projects: $300. Three merit winners in classes A, B, and C of each division win $100.

2. Decorating: Three awards in each of the three divisions: ▪ First Place: $1,500 ▪ Second Place: $750 ▪ Third Place: $300

How to Enter

1. Right Now: To receive an official entry packet, call 1-866-509-1690, or mail the form (or a photocopy) *below*, postmarked by November 1, 2002, or order online for free at www.bhg.com/hic2002. Get a head start by saving floor plans, before and after photos, and receipts that could help make your project a winner.

2. When Your Project Is Finished: Send us the final entry form. All final entries must be postmarked by February 3, 2003.

Entry Judging

Entries will be judged on appearance, function, and cost-effective use of materials. Any home improvement/decorating project completed in 2002 is eligible, no matter how big or small. It's also eligible whether all the work was completed by yourself or by professional contractors. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited. See *page 215* for complete rules.

Winners

Better Homes and Gardens® magazine will select winners on or about June 1, 2003. Winners will be notified by mail. A selection of the top winners will be featured in upcoming issues.

You may qualify to win $1,000 from each of these cosponsors when you use their products and services: ▪ Ace Hardware ▪ Andersen Windows® ▪ GE Profile Appliances ▪ KraftMaid Cabinetry ▪ Heat-N-Glo ▪ Marvin Windows and Doors ▪ Minwax® See *page 215* for more Home Improvement Contest details, or visit our Web site at www.bhg.com/hic2002

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Plus:

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Special Offer:

The Home Improvement Survival Kit is just $19.99 plus shipping and handling. Order information can be found on this page.

Please note: Do not send the Kit with any final entry submissions. Purchase of the Kit does not influence decision of Contest judges.

Better Homes and Gardens® 2002 Home Improvement Contest

Home Improvement Survival Kit and Entry Packet Order Information

Order online: Download an entry form and rules brochure, at no cost, at www.bhg.com/hic2002.

Order by phone: Call 1-866-509-1690 and use your MasterCard or Visa.

Order by mail:

❑ Please send only the official entry packet. Enclosed is a check or money order for $3.00 for shipping and handling.

❑ Please send the Home Improvement Survival Kit and an official entry packet. Enclosed is a check or money order for $23.49 ($19.99, plus $3.50 shipping and handling for both the Kit and entry packet).

Send this form to: *Better Homes and Gardens*®, Home Improvement Contest, P.O. Box 36197, Des Moines, IA 50315-0310. Must be postmarked no later than November 1, 2002.

Please print:

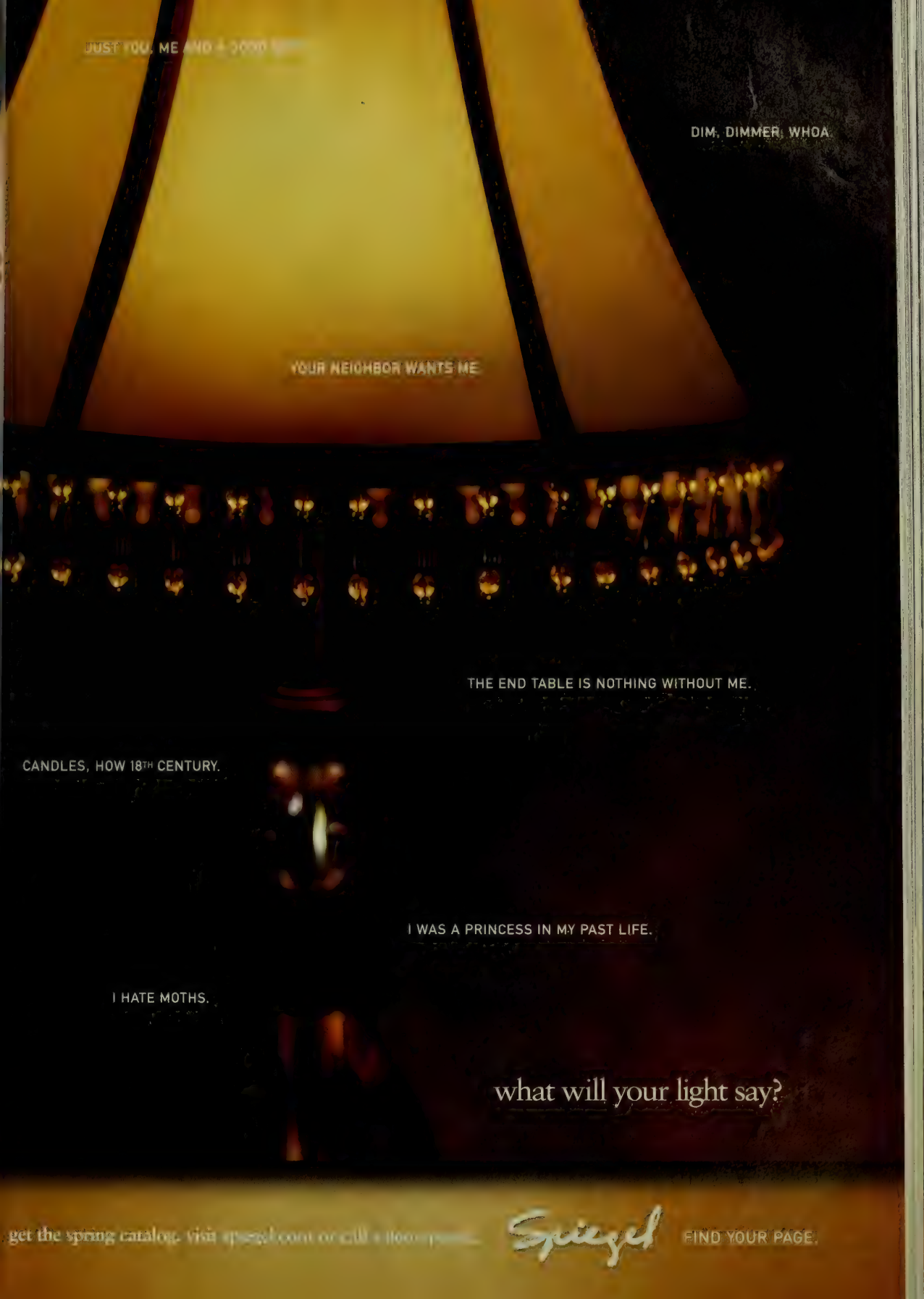
Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Allow six to eight weeks for delivery. If ordering only the entry packet, the S&H charge is waived for residents of AZ, MD, CT, and VT. Please do not send photos or project plans with this order form. Send only one order form per family. See *page 215* for complete rules.

For the 2001 Home Improvement Contest Winners, see *page 139*


JUST YOU, ME AND A GOOD
DIM, DIMMER, WHOA.
YOUR NEIGHBOR WANTS ME.
THE END TABLE IS NOTHING WITHOUT ME.
CANDLES, HOW 18TH CENTURY.
I WAS A PRINCESS IN MY PAST LIFE.
I HATE MOTHS.
what will your light say?
get the spring catalog. visit spiegel.com or call 1-800-
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FIND YOUR PAGE.



Grab your sunglasses. Tomorrow's popular car colors might be so bright, you gotta wear shades.

colors that say "notice me"

Green is fading fast. So is white. But the future looks bright for the not-so-mellow yellows and electric blues.

The colors predicted to grow in popularity on cars in the next few years are bolder and brighter. Automakers base their predictions on the apparel industry. Colors flashed on the fashion runways of Paris and Milan often end up in our driveways in a year or two.

"Once a successful trend has been established in fashion, it expands to durable, longer-lasting items," says Alan Eggly, senior color designer for Ford Motor Co. "We're seeing the bold colors popular on clothing in recent years now translate to cars and trucks."

Colors like "notice me" yellow, for example.

continued on page 100



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What it means to feel clean.™

continued from page 98

"In the past, it was rare to see yellow on anything but a Mustang or Ferrari," says Eggly. "However, now yellow is becoming popular on sport/utility vehicles, trucks, and youth-oriented cars like the Ford Focus."

If you're too shy and introverted to drive a car that screams "look at me," you might prefer the electric blues, which merely shout. Hues of blue are expected to replace once-popular green on the list of top 10 favorites, according to DuPont Automotive, a paint supplier to the carmakers.

Another prediction: high chroma paints (those with great color intensity) will put more punch in reds and light blues, especially on compact cars and sports cars.

Besides yellow and electric blue, Ford's Eggly peers down the road to see another surprising color moving toward the top 10: Orange. As in the Orange Crush soda can.

Silver already enjoys booming popularity. By 2000 it had surged past white, the longtime favorite, to become the No. 1 color on cars sold in North America.

At U.S. automakers, color and trim designers spend up to 18 months researching trends in the fashion, furniture, and home appliance industries. Then they try to translate those trends into the "next big thing" in vehicle colors.

Last year, DuPont's auto survey found the following 10 colors showing up on the greatest percentage of vehicles in North America:

1. Silver 17.6
2. White 17.2
3. Black 11.3
4. Dark green 8.9
5. Dark blue 8.8
6. Medium red 6.7
7. Bright red 4.7
8. Light brown 4.5
9. Medium gray 3.8
10. Gold 3.5

Car Colors and Hue You Are

colors	LOOKS GOOD ON	WHAT IT SAYS ABOUT YOU
	Nissan Xterra, Ford Escape, Toyota MR2 Spyder, Ford Focus hatchback, and sporty cars like the Mustang.	The happiest of all colors, yellow exudes warmth. Yellow lovers are usually cheerful and look forward to the future.
	Audi A4, Acura 3.2 TL, and (surprise!) even a big ol' Dodge Ram pickup.	Blue is a calm, soothing color. If you choose blue, you're probably conservative and sensitive to others. And you tend to prefer a calm, tension-free life.
	Silver first became popular on luxury cars (Mercedes-Benz, BMW) but it has spread to all types—midsize cars, compacts, SUVs, even vans.	Cool silvers and grays tend to impart a remote and distant attitude. They're often preferred by those who put their noses to the grindstone.
	Mazda Miata. Bright reds are still favorites on zoomers such as Porsche and Ferrari. (How do you think the term "arrest-me red" originated?)	Red demands attention. It's the most passionate color, symbolizing both love and rage. Some who like red tend to be aggressive and impulsive.
	We lived with those orange VW Beetles from the 1970s, but we didn't love 'em.	Bright tones of orange impart a jovial, cheerful mood. If you've got a crush on orange, you're probably energetic and social.

continued on page 102

Dinner's ready

New Stouffer's Slowfire Classics

Enjoy





They wake up in the morning and see the fluffy white stuff. Snow day! Yes! Warm them up with New Slowfire Classics from Stouffer's. Hearty meals in a bowl, like beef stew. Slow-simmered tender chunks of beef, carrots and peas in a rich, savory stew. It'll keep them running till the sun goes down.



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DIRECTIONS:

1. Get home from work late.
2. Take out as many slices as you need.
3. Toast 4-5 minutes.
4. Give your pasta pizazz.



In your grocer's freezer.

PEPPERIDGE FARM.

Never Have An Ordinary Day.™

Your Family Car

continued from page 100



High mileage, low pollution

Building a sport/utility vehicle based on car underpinnings (instead of a truck platform) was a fledgling concept when Honda launched its CR-V in 1997. Buyers, especially moms who don't like minivans, loved the carlike ride and soon made CR-V the best-selling small SUV.

Despite CR-V's popularity, some owners complained that it had a wimpy engine, cramped cabin, and not enough cargo space. So when Honda redesigned it for 2002, engineers hoped to hush the complainers by adding:

- A 2.4-liter new-tech engine that churns out 160 horsepower (10 percent more than the old one), gets better gas mileage (26 highway, 22 city), and meets 2004 low-emissions regulations.
- Clever packaging to make the inside roomier without bloating the exterior. Honda brags that the CR-V now has the largest cabin and cargo space of any entry-level SUV, including Toyota RAV4, Ford Escape, and Mazda Tribute.
- Handy "fold and tumble" rear seats that fold forward and out of the way so they rest nearly perpendicular to the floor. That trick opens up 72 cubic feet of cargo space, about four times the carrying capacity of an average car trunk.

A basic two-wheel-drive LX with automatic transmission costs $18,800, plus $250 for side air bags. Four-wheel-drive models start at $19,200. An option-rich EX, including four-wheel drive and side air bags, tops out at $22,300.

Expect top ratings when safety tests are conducted on the 2002 CR-V later this year.



CR-V designers located the parking brake handle on the instrument panel instead of on the floor. That leaves room for a 10-inch walkway between the front seats, or a handy spot for a purse.


When you find bliss, savor it.
Introducing Dessert Bliss™ Cookies.
NEW
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A Rose Is a Rose

Duplicate our rosy wainscoting from the "Undecorating" feature (*pages 19–27*) with this two-part **Rose Stencil.** From Designer Stencils, each measures about 2½ inches high and 20 inches long. The cost per stencil is $36.95, which includes shipping, handling, and applicable sales tax.



To order, see page 105

Bird Song Sampler

The bluebird and flower motifs on our **Bird Song Sampler** remind us that springtime and a colorful carpet of flowers are just around the corner. All we need to do is listen for the birds beginning their songs.

From Banar Designs, the 6×8-inch sampler was designed exclusively for the readers of *Better Homes and Gardens®* magazine and is not sold in stores. Each kit comes with a full-color photo, 14-count white Aida cross-stitch fabric, embroidery floss, needle, chart, and instructions. Each kit costs $19.95, which includes shipping, handling, and applicable sales tax.



To order, see page 105



Wall Flowers of Note

Create a focal point in any room with a composition of themed prints. Use botanical prints, a weathered table or bench, old books, and garden pots (chipped or cracked ones add character) for an arrangement that gives a pleasing and informal look. Here, the placing of the prints—wrapping the corner of the bench—helps to "informalize" the prints.

Images from The New York Botanical Garden's prestigious archives capture the natural beauty and appeal of specimens collected and cataloged by scientists and botanists over the past century. Left to right, the images are: *Ixia* Hyalina, *Narcissus* Tazetta, and *Ixia* Grandiflora. These stunning, ready-to-hang prints are part of the official, licensed collection produced in cooperation with Art in Motion. The set of three is available exclusively to the readers of *Better Homes and Gardens*® magazine.

Each print is double matted with a tan inner mat and a mottled tan outer mat, mounted under glass, and framed in gold-tone wood. The overall size of each framed print is 11×16 inches. The set of three prints costs $64.95, which includes shipping, handling, and sales tax.



TO ORDER with your Visa, MasterCard, Discover, or American Express card, call 800/881-4066. To order by mail, specify item(s) desired, calculate the total due, and send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. D0202, Box 9128, Des Moines, IA 50306-9128. Or, visit our Internet site at *www.bhgcatalog.com* to order.





Purple Pineapple Lily

(Eucomis Sparkling Burgundy)

editor's choice

Drama Queen

If you, like many adventurous gardeners, are reveling in zonal denial, planning to plant tropical plants willy-nilly in your decidedly nontropical landscape, here's a cold hard slap of reality. Sure, almost all of the U.S.A. feels tropical—or at least subtropical—all summer long, but come fall you will have to lift all those tender bulbs and pricey plants to protect them against the ravages of your far-too-real winter.

But you can save yourself all that hunting and gathering if you put your gone-tropo heat lovers in pots to begin with. Pineapple lilies are not only striking, exotic, and fragrant, but also amenable to the confines of whatever terra-cotta pot you may care to house them in. Potted or no, we favor the Sparkling Burgundy strain for its regal coloring. But all pineapple lilies are easy to grow, and they all look like a bit of Miami mambo up in Montana, Maine, or Michigan.

- **Light:** Sun to part sun.
- **Hardiness:** To about 10° (in ground).
- **Growth habit:** Up to 2 feet. Maybe.
- **Bloom time:** Mid- to late summer.

continued on page 108

by Craig Summers Black

ILLUSTRATION GLORIA ERIKSEN

Nancy began crafting topiaries, such as this giraffe (*opposite, on the right*), after seeing examples in tony gardening books. "But they were $4,000 to $5,000 each, so I said forget it and built them myself. I got some wire and moss, and through trial and error I just put them together." You can see how sturdy they are.





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Purple Pineapple Lily

(Eucomis Sparkling Burgundy)

Just like I get stains off whites...



...I get stains off colors.

Clorox 2®
The Clorox® Bleach
for colors.

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gardener's almanac

continued from page 106

looking good

Plant tapestries and swirls of sod

Nancy Dorner is an artist who now also paints with plants, turf, and topiary. "When I started this garden two years ago, I had never gardened before," she says. "But I saw what it could be. I saw the art in it." Her front yard in the Chicago suburb of Winnetka was "just grass and a few scraggly things." It begged,





she says, for paths, patches, and patterns. "I didn't know a pansy from a peony, but I know what colors I like, what I don't like, and what goes together. It became fun." And when in doubt, she says, rip it out. Start over—and then plant impatiens. "It's the only thing I really know, and they give me the brightest color."

Nancy began crafting topiaries, such as this giraffe (*opposite, on the right*), after seeing examples in tony gardening books. "But they were $4,000 to $5,000 each, so I said forget it and built them myself. I got some wire and moss, and through trial and error I just put them together." You can see how sturdy they are.

She used the irregular shapes in her front yard to dictate the sod and shrubbery patterns (*right* and *opposite, on the left*).

continued on page 110

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continued from page 109

test garden tip

A rave and a haircut

By now you have probably gotten at least one toe wet. You finally planted your first full-fledged, *really big* ornamental grass, and that grass is one fine thing: arching and architectural, rustling in the wind like a graceful bamboo. You've integrated this eye-high newcomer into your perennial border, siting it toward the back, perhaps planting it where you might have used a shrub. But do you know that ornamental grasses, like other tall perennials, need to be cut back in winter? Otherwise they will collapse on themselves, with the inherent threat of suffocation. ⌂

Buying information, page 214



1. Grasses usually hold their sculptural form in the winter landscape after turning pale. Hoarfrost on the foliage can make quite the vision.



2. But as winter wears on and the foliage gets tattered and wind-worn, take some hedge clippers and cut the khaki leaves back to 4 to 6 inches above the soil.



3. Toss the cut foliage into your compost pile. You can now await the first shoots of spring, which will burst forth in your beds and borders unimpeded by soggy, matted former foliage.

ALONG WITH ALL THE GREAT MEMORIES HAS COME SOMETHING I THOUGHT I'D NEVER EXPERIENCE—THE PAIN OF OSTEOARTHRITIS."

—DOROTHY HAMILL

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YOUR RESULTS MAY VARY.

It isn't about going for a medal. Or feeling like a kid again. It's about controlling the pain that can keep you from doing everyday things. And VIOXX may help. VIOXX is a prescription medicine for osteoarthritis, the most common type of arthritis.

ONE PILL—ALL DAY AND ALL NIGHT RELIEF.

You take VIOXX only once a day. Just one little pill can relieve your pain all day and all night for a full 24 hours.

VIOXX EFFECTIVELY REDUCED PAIN AND STIFFNESS.

In clinical studies, once-daily VIOXX effectively reduced pain and stiffness. So VIOXX can help make it easier for you to do the things you want to do. Like going for a morning glide on the ice.

TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

IMPORTANT INFORMATION ABOUT VIOXX.

People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX. In rare cases, serious stomach problems, such as bleeding, can occur without warning.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-800-MERCK-30 for more information, or visit **vioxx.com**. Please see important additional information on the next page.

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Patient Information about
VIOXX® (rofecoxib tablets and oral suspension)
VIOXX® (pronounced "VI-ox")
for Osteoarthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

You should read this information before you start taking VIOXX®. Also, read the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

What is VIOXX?

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood thinner)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients taking VIO and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding, can oc with or without warning symptoms. These problems, if severe, could lea hospitalization or death. Although this happens rarely, you should watch signs that you may have this serious side effect and tell your doctor right aw
- Serious allergic reactions including swelling of the face, lips, tongue, an throat which may cause difficulty breathing or swallowing and wheez occur rarely but may require treatment right away. Severe skin reactions h also been reported.
- Serious kidney problems occur rarely, including acute kidney failure worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failure, oc rarely in patients taking NSAIDs, including VIOXX. Tell your doctor if develop symptoms of liver problems. These include nausea, tiredne itching, tenderness in the right upper abdomen, and flu-like symptoms.

In addition, the following side effects have been reported: anxiety, confusion, depress hair loss, hallucinations, increased levels of potassium in the blood, low blood counts, palpitations, pancreatitis, tingling sensation, unusual headache with stiff n (aseptic meningitis), vertigo.

More common, but less serious side effects reported with VIOXX h included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis patie receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects reported w VIOXX. Do not rely on this leaflet alone for information about side effects. Yo doctor or pharmacist can discuss with you a more complete list of side effects. A time you have a medical problem you think may be related to VIOXX, talk to yo doctor.

What else can I do to help manage my osteoarthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If you ha any questions or concerns about VIOXX, osteoarthritis or pain, talk to your hea professional. Your pharmacist can give you an additional leaflet that is written f health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It should taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), sorbi solution, strawberry flavor, xanthan gum, sodium methylparaben, sodiu propylparaben.

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magnesiu stearate, microcrystalline cellulose, and yellow ferric oxide.

Issued July 2001

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Get it together

Organizing your kitchen pantry is a great way to clear away clutter and make room for more convenience.



Open solid pine shelves put everything at the ready. The decorative support brackets beautify this hard-working room. Use a stud finder to ensure you get the brackets anchored securely into the studs.



The key to a great pantry is a sink. This extra-high gooseneck faucet by American Standard makes filling oversized soup pots or washing vegetables easy.



Behr's Venetian Plaster creates a stunning backdrop. Just spread it on with a trowel. The less perfect your technique, the better! A great effect in its own right, the plaster is also an ideal cover-up for cracked or uneven walls.

PHOTOGRAPH: THE SHADOWLIGHT GROUP; STYLING: TRACY BROOKS

shopping guide

Walls: Venetian plaster in Antique Coin, by Behr **Fixtures:** Hampton bar faucet in brass (s/o 2770.702.099), by American Standard **Sink:** Chandler island sink in Bone (s/o 7182.803.021), by American Standard **Cabinetry:** Montrose Square Calypso glass in Cognac Glaze, by Thomasville, by special order **Shelving:** built from 1" x 12" x 10' pine planks **Wood Stain:** ion open shelving, by Minwax **Countertop:** solid-surface countertop in Mojave Mélange 9031-ML, by Wilsonart, by special order **Flooring:** 12" x 12" Golden Nugget tiles special order from the Gold Rush series by Dal-Tile

For more information on storage ideas visit **homedepot.com** keyword : storage



Available at The Home Depot®



As soon as Colette threw the cup, she realized her mistake. She could live without Jean-Pierre. But that was her last cup of French Vanilla Cafe.



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scented geraniums

by Doug Hall photographs by Colleen Duffley

To begin with, there are the fragrances: sharp citrus, cool mint, floral scents, eucalyptus—even a spicy nutmeg (*above*). Add to that an array of attractive leaf shapes and an ease of culture, indoors or out. What more could you ask from a plant? Recipes, you say? You're in luck!

To order scented geranium collections, see page 122



please touch

Scented geraniums release their fragrances to the air only when you touch them or brush past. So plant them close at hand, as we did alongside a path in the *BH&G®* Test Garden. By midsummer, six small starts of Old-Fashioned Rose geranium turned into this monstrous mound of begging-to-be-touched foliage.

Scented geraniums are all about leaves—scratch-and-sniff leaves—that reward you with delicate aromas, fanciful shapes, and touchable textures. This focus on foliage gives the scenteds little in common with the familiar bedding geranium and its big red flowers. Scented geraniums, it must be said, are rather stingy with their tiny blossoms.

Specialty catalogs sell dozens of varieties of these plants, many of them identified by olfactory namesakes: Lemon Meringue, Clove, Gooseberry, Camphor Rose, Apple Cider. An active imagination helps in discerning some of the subtle fragrances; Chocolate Joy, for example, is heavy on the mint with just a suggestion of cocoa's dark richness. A few varieties—often the ones listed in catalogs under the euphemistic heading "pungent"—are downright stinky.

Scented geraniums are undemanding creatures, easy to grow outdoors in garden beds and patio containers or indoors on a sunny windowsill. As the culinary ideas on the following pages illustrate, they're welcome in the kitchen too.



Dwarf Cinnamon



Old-Fashioned Rose

Dwarf Lime





Chocolate Joy

Pine



Peppermint

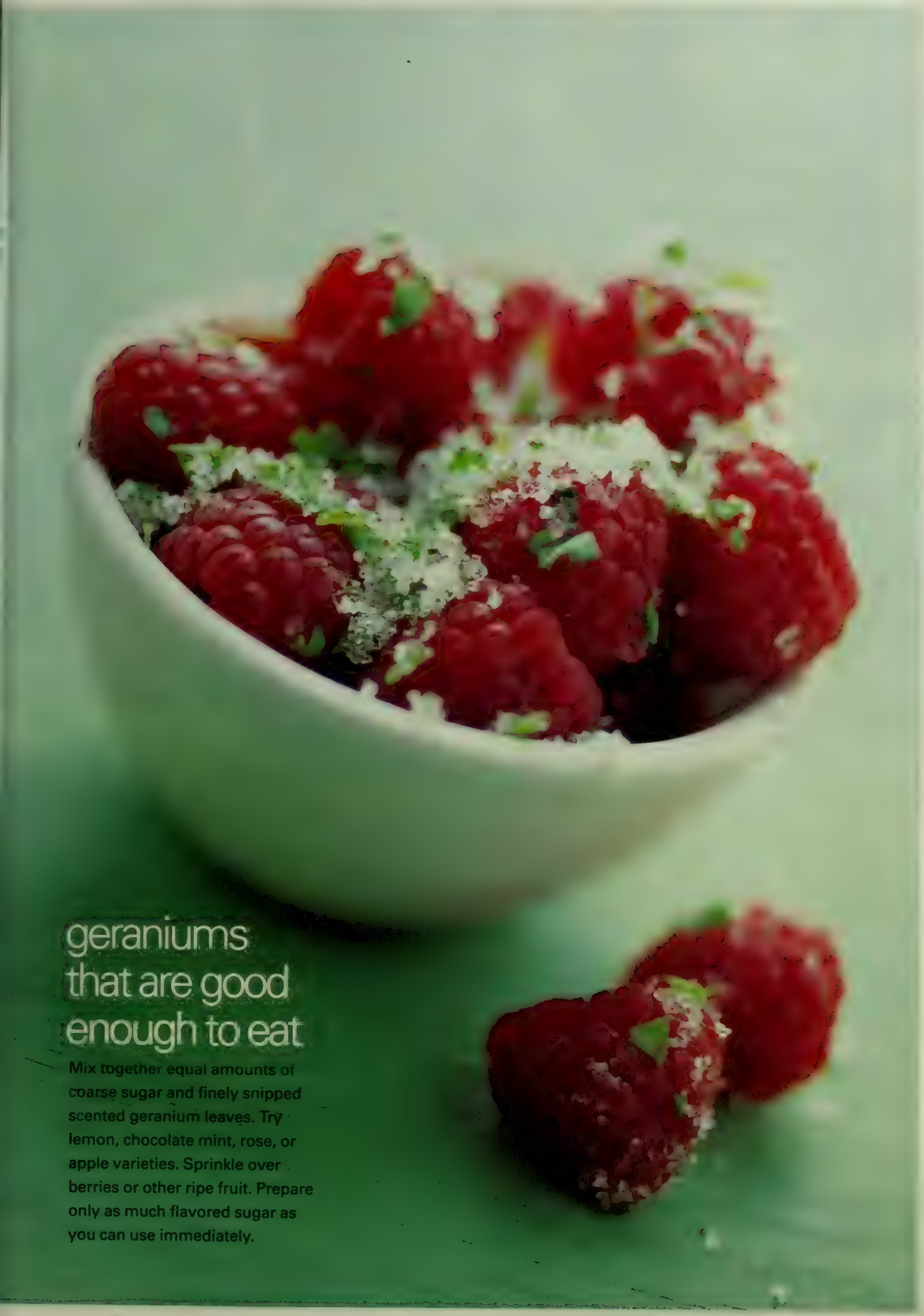


Any cake is fancy enough for a garden party when you crown it with tiny geranium leaves. We used the small-leafed Lemon Crispum variety.

Great shakes
Stir together equal amounts of coarse sea salt (or kosher salt) and finely snipped scented geranium leaves. We're partial to rose-, apple-, and lemon-scented. Sprinkle over pasta, salads, veggies, grilled poultry, fish, or meat. Discard leftover salt.

Ahh...peritif
A sprig of scented geranium lends delicate flavor to club soda. Feeling indulgent? Add a few berries and a slice of nectarine. Try scented geraniums in iced tea too.

Snip 'n' spread
Mince a handful of leaves from your favorite scented geranium (apple, ginger, or other spicy flavors are good) and blend them into a stick of softened butter. Serve with warm, crusty bread or biscuits. Use within 24 hours.



geraniums that are good enough to eat

Mix together equal amounts of coarse sugar and finely snipped scented geranium leaves. Try lemon, chocolate mint, rose, or apple varieties. Sprinkle over berries or other ripe fruit. Prepare only as much flavored sugar as you can use immediately.



windowsill geraniums

Indoors, scented geraniums thrive in a south-facing window, where the plants can bask in sunlight. Water regularly and let the soil surface dry slightly before watering again. If a plant becomes gangly, repot it in fresh potting mix and prune it back to stubs. New growth will quickly appear. The two varieties shown here are Lavender, with large leaves and upright growth, and lacy-leafed Variegated Mint Rose.



To make a wreath topiary like ours, you'll need two small geranium plants (we used Lemon Crispum), a wire topiary frame 8 or 10 inches across, potting soil, ¼-inch-wide strips of panty hose, and a suitable container. Secure the base of the topiary frame in the pot. Half-fill the pot with moist soil. Place each plant at an angle so the stems follow the curve of the frame (*top right*). Tie them gently with strips of panty hose (*bottom right*). A wreath topiary takes several months or more to fill out completely.





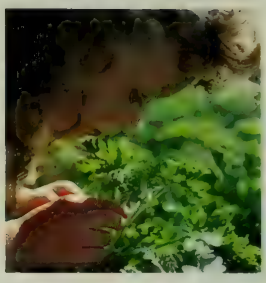
geraniums as sculpture

Small-leafed, slow-growing types of geraniums lend themselves to the painstaking art of topiary. Patience is the primary requirement for this endeavor, because a scented geranium topiary takes many months, if not years, to reach its mature shape. This "standard," or tree-form topiary (*right*), is the variety French Lace, a variegated form of Lemon Crispum, and is three years old. The best subjects for topiary include the varieties Lemon Crispum, Lemon Crispum Major, Prince Rupert, Lime, Gooseberry, and Ginger.

Pinch the growing tips of your topiary to maintain a symmetrical shape. Turning the pot frequently helps, too, by exposing all sides of the plant to sunlight. Water and fertilize regularly in order to prevent the premature yellowing and dropping of leaves that results in a sparse, twiggy topiary.







in the garden

Use scented geraniums to fill gaps in perennial borders, to add variety to an herb garden, or anywhere you can enjoy their distinctive fragrances. Geraniums don't survive freezing temperatures, which means that in most of the U.S. they are considered annuals. Plant them in full sun or up to half a day of shade. (Fuzzy-leafed varieties benefit from more shade.) The plants like moist, but not waterlogged, soil; improve your soil's porosity by digging in some compost when you plant.

Buying information, page 214



SCENTED GERANIUMS TO GO

Try the ideas in this story with two scented geranium collections grown especially for the readers of *Better Homes and Gardens*® magazine by Papa Geno's Herb Farm. Our **Fragrance Collection** contains six plants, one each of: Nutmeg, Old-Fashioned Rose, French Lavender, Mint Rose, Gooseberry, and Prostrate Rose. Our **Fruit and Flavor Collection** contains six plants, one each of: Dwarf Cinnamon, Lemon Crispum, Peppermint, Chocolate Joy, Dwarf Lime, and Pine. Plants are shipped in 2½×2½×3½-inch plastic pots and will be about 4 to 8 inches high at time of shipment. Complete growing instructions are included in all packages. Shipments will be made at the proper time for your zone, from about March 15, 2002, to June 15, 2002. One collection costs $49.95; additional collections to the same address are $46 each. Prices include shipping, handling, and applicable sales tax. Credit card orders will be charged about March 1, 2002. ***Please order early; quantities are limited.*** *Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.*

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decorating

A quick climb up the family tree and it's easy to pick out the source of our eye color, the curl in our hair, even our personality quirks. But who knows where our decorating tastes come from. Is it nature? Is it nurture? Judging by the homes of Susie Bernet and her daughter Jenny Bernet Galbraith, the debate can be settled this way: It's both. Tour their Texas homes. We hope you'll be inspired to trace your style roots, and walk away with a better sense of your decorating self.

BY SANDRA S. SORIA PHOTOGRAPHS BY COLLEEN DUFFLEY STYLING BY DIANE CARROLL



mother

"I've got a little bit more fluff going on than Jenny does."

It's not surprising that Susie passed on a dominant decorating gene to Jenny. "My kids grew up seeing me constantly pushing around furniture—and paintbrushes," says Susie, who, with husband Ed, also has two grown sons and nine grandchildren. At one point, she even made a business of her home-based hobbies by "staging" homes for realtors. "I just went in to people's homes and helped *them* rearrange and paint," says Susie. "You can get a whole new look without hardly spending a nickel." Now she deals antiques as a livelihood, but her home is still an evolving space. "I was hammering just before you got here!" she says. A sitting room just inside their condo's front door is as formal as it gets at Susie and Ed's. The room speaks of Susie's love of European country antiques, including an English pine bench and a Turkish rug. "I like to mix periods and countries," says Susie. "Fabrics tie it together." She also mixes in Ed's loves; he's a musician and the artist who made the bronze sculptures and the church replica. They chose white paneling to ease the room's formality.



daughter

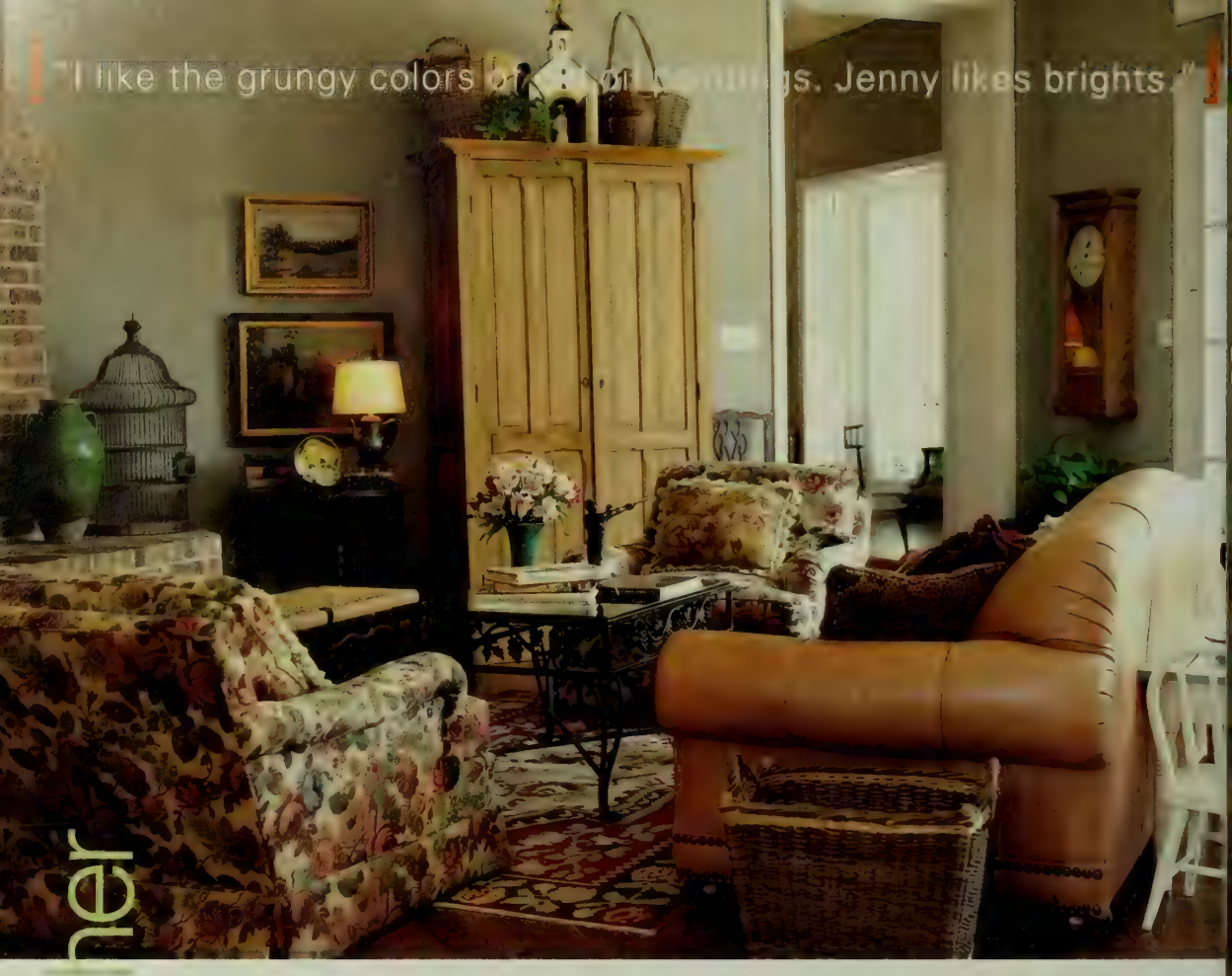
Like any normal child growing up, Jenny expressed her independence at points along the way. "When I was younger I went through a real modern period," she says. "But now, because I really appreciate what Mom does, I mix the old and new." Just inside this front door, which is less than a mile from her parents' front door, you'll also find the most formal room in Jenny and her husband Greg's home. Jenny's instincts told her the traditional architecture and centered fireplace demanded a classic, symmetrical scheme. Classic urn lamps supported by contemporary consoles establish the room's style mix. Jenny hauled the side chairs home from an estate sale and slipcovered them in cotton toile. "I picked them for their small size," she says, "I needed extra seating, but I wanted to see the fireplace from the sofa." Jenny enjoys the flickering flames with baby boy, Gabe, from a favorite snuggle spot on the brown-canvas clad sofa. It's important to her that all her furnishings be flexible because, true to her roots, "I like to be able to change things," she says.



Susie and Ed's home includes a centrally located great-room that forms the hub. "I call this whole room the kitchen," says Susie. "because I wanted as big a kitchen as you could get—with space for cooking, dining, lounging—so all 17 of us could be together but doing our own things." Dinner is served on the planked farmhouse table, which Susie discovered at a flea market on one of her search-and-rescue missions. Ed obligingly hauled home the broken-down table ("It stuck out of our va about six feet," he remembers), shored it up, painte it white, and sealed it with six coats o polyurethane. The glossy white links to the kitche cabinetry, and sets off simply carved Dutch antiqu chairs that Susie has been pushing under differen tables for over 20 years. "Once you start mixin things together, you get a feel for what looks right," she says. "Then it's so fun that you can't stop."



Jenny inherited not only her mother's love of antiques, but in some cases, the antiques themselves. "This is the table our family ate on when I was growing up," she says. Jenny and Greg solicited for hand-me-downs when they moved from a small house to this 3,000-square-foot house built in the 1940s. Greg's family pitched in the ladder-back chairs, dressed in white cotton to make the space read a bit more formally, and to break up the wood. More family ties include the spotted ceramics, made by Greg's sister. Jenny's favorite piece is her grandmother's pine bureau—it skipped a generation and now keeps her table linens handy. This room opens up to the great-room, where toys are strategically tucked away so that kids can be seen but not heard quite so much. "We give kids free rein over the rest of the house," says Jenny. "But this is where the adults relax."



Opposite the dining area, the great-room encourages lots of living with comfortable seating, an armoire filled with electronics, and a child's table. "I wanted this room to have a European country feeling," says Susie. So she accented the room with old-world art and a touch of iron. Oak floors pitch in some visual warmth. Textural baskets do that trick too. The baskets on top of the pine armoire are even trickier—they hide speakers.

Clearly, Susie encourages interactivity in, and even with, her home. "I have a collection of children's chairs," she says, "one for each grandchild. We put a name under each one of them so they come in here and turn them over to find their special seat."





Jenny's home, too, has an all-in-one, one-for-all great-room. The couple's first piece of furniture, a primitive farm table, is the dividing line between the kitchen and sitting area. Six-year-old Greta provides the expressive watercolors (including the two self-portraits, *above*) that brighten many walls around the house. "I wanted this whole space to be lively and family friendly," says Jenny.

A two-story addition was added to the back of the house just before the Galbraith's purchased the home in 1997. "The floor plan appealed to me because it was a lot like my parents'," says Jenny. "I knew it would work for us." More tried-and-true similarities include a tall armoire and sink-in seating, including a leather sofa "that's indestructible."



mother

In this bedside-by-bedside comparison, it's easy to see where the style similarities begin and end. Both women fell in love with the same bed, a classic four-poster rice bed. Susie went on to throw her master bedroom a few more curves, sliding in a gateleg table as a nightstand. The table—the first piece she and Ed bought together—offers sentiment, as well as support for a gilt mirror and a lamp from her mother. "I fall for things because of the graceful lines," she says of the Chippendale style chair (*right*).



["I love to bring decorating ideas together."]

daughter

In her master bedroom, Jenny threw the carved bed some contrast. "We wanted a simple, understated space," she says. "It's our escape from color for a while." Sophisticated neutrals—grays, taupes, ivories, and browns—mix quietly, wakened only by a kiss of pink in the art and on a favorite chair (*right*). The leather chair called to her from an antiques store, and now its pillow does the talking, reminding us that: "Life is too short to drink cheap wine." It's a message that's not lost on Greg, a wine collector.





"I think the most important thing I hope I've passed on to Jenny," says Susie, "is that making a home is a priority." For Susie, it's less about stuff than about life. Her favorite and most frequent visitors to the guest room are her grandchildren, so twin beds were a must. "The closet in this room is a play area," she says. The wall design unfolded like a connect-the-dots drawing; it started with the tole tray and blue-and-white platter, then built up and out from there until a pleasing pattern developed.

Ed's life and loves are expressed in an under-the-eaves office, where he runs an entertainment booking agency and exercises his varied artistic talents, including sculpting and playing stringed instruments. His choice of art is also revealing: "The photos that fill his walls are family pictures he likes," says Susie. "So he enlarged them on a copier and framed them simply."



Jenny definitely got the message that putting creative energy into your home is a rewarding priority. The decorating work on baby Gabe's space started early, before the couple knew whether they were expecting a boy or a girl. Green became the neutral color of choice for 10-inch stripes that enliven the walls. Jenny put her own brushstrokes on canvas for a final, eye-stimulating touch, inspired by geometric designs she had seen in a catalog.

Will the legacy continue? Chances are good for young Greta. "This bed was mine when I was a girl," says Jenny. "When I was about her age, one night while I was sleeping my parents carried me into their bed, set up this bed in my room, then carried me back and put me in it. When I woke up, I was in this beautiful bed." Putting her own style mark on the bed for her daughter, Jenny painted the dark-brown wood with bright white. "I love my bed," confirms Greta, with an exclamatory bounce.

"Mixing styles is easy—just play until it feels right."







The best collections are both beautiful and meaningful. 1. Ed obviously has some musical pluck—he plays five instruments in all, including this graceful stand-up bass and guitar. 2. Whenever she travels, Jenny shops for stoppers to bring her mother. Susie puts those new treasures, along with her vintage ones, on a pedestal. 3. Ready to serve with style, Susie's collection of teaspoons gather next to her coffeepot in a lidless sugar bowl Susie describes as "a funny, renegade old piece."







Jenny's accessories are also storytellers. 4. She put her Mom's old cabinet atop a slick metal base for mementos. "I don't like the clutter of little things all over," she says. "So I gather my favorite little objects together and put them where I can see them—and where they don't get dusty." 5. Made by her mother, these monogrammed covers slip right over her ladder-backs: "Mom knows I don't like to mess with ties and stuff." 6. Organized blasts of color appeal to this modern woman. Plus, Jenny says, "the rug is super thick, so the kids can plop on the floor like I used to love to do."

Buying information, page 214

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by Joan McCloskey, Shawn Gilliam, and Laura O'Neil

home improvement contest winners



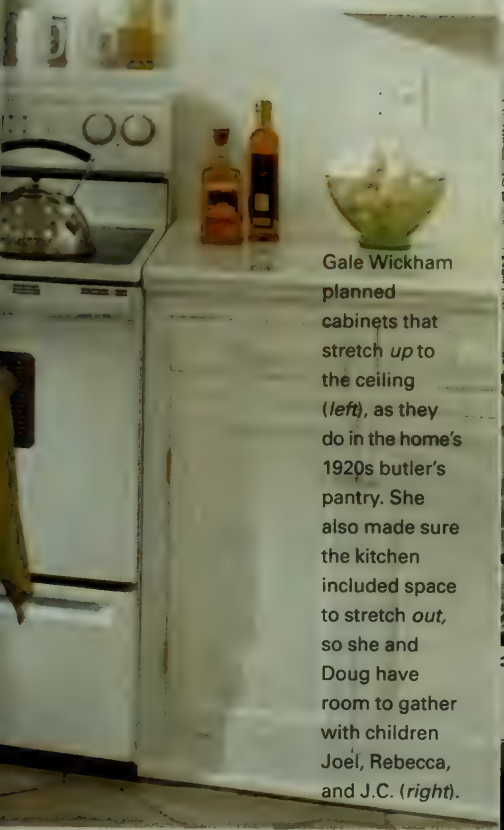
Part 1 Our 2001 contest yielded thousands of entries, complete with hand-drawn plans and hard-at-work snapshots, detailing how you make your homes more comfortable. Judging was as tough as ever, but we narrowed the field to include the following stories from three of the top winners. Enjoy.

See our May 2002 issue for Part 2, which will feature other top contest winners. For a complete list of winners and additional information about our contest, visit our Web site at www.bhg.com/hic2002.



grand award/kitchen shape-ups

Gale and Doug Wickham's 1828 Cincinnati home has seen several remodeling projects through the years, including a 1970s kitchen complete with brown laminate cabinets and cramped storage and countertops. To refresh and reconfigure the dated scheme, the Wickhams enlisted the help of a kitchen designer who drew up plans for an island kitchen—with a $30,000 price tag. Gale suggested the family save money by tackling the project themselves. Although Doug, an industrial engineer, and Gale, a registered nurse, don't have formal remodeling experience, previous DIY jobs gave them the skills to build drywall arches around the range hood and to fit the cabinets with roll-out drawers. Savings were dramatic. The project cost $10,000—and took first prize in the Kitchen Shape-Ups category, plus the Grand Award for the contest overall.





Gale Wickham planned cabinets that stretch *up* to the ceiling (*left*), as they do in the home's 1920s butler's pantry. She also made sure the kitchen included space to stretch *out*, so she and Doug have room to gather with children Joel, Rebecca, and J.C. (*right*).


BEFO



An efficient cabinet/appliance layout (*above*) freed up the exterior wall to be outfitted with an expanse of windows and French doors.



Boosting light and opening the kitchen to the outdoors were important to Gale and Doug. They first replaced a single entry door with transom-topped French doors; then they lowered windows over the sink by a foot, adding a transom to fill in the void. The light pouring inside now pools on the kitchen's surfaces, so the couple painted walls and cabinets white and specified white tile for most countertops. Recessed cans, undercounter fixtures, and an over-the-island pendant keep the room bright at night.

The best design trick, however, looks sumptuous and cut costs. Gale wanted solid granite for the island but didn't like the idea of paying $900 for it. Good luck led her to spot a $200 granite table at a local store. She jettisoned the legs, and Doug incorporated the top into an island Gale designed by blending ideas from magazines. Drawers and cabinets in the island store baking supplies and utensils, and the surface doubles as a work area and casual dining table. "We eat most of our meals at the island and do homework there," Gale says. "It's a comfortable, bright place to spend time with family and friends."

Painted white cabinets brighten the kitchen (*opposite left*) and better match the home's historical style. An old feature that was removed, however, was the nonworking walk-in refrigerator, which gave way to a pantry/closet (*bottom left*).

Cabinetry tailored to fit the new refrigerator (*top left*) gives the appliance a built-in look. Other custom cabinet touches include glass-door cupboards with beadboard backs (*top right*) and furniture-like legs on the island (*bottom right*).

a restoration winner

After working almost every evening, weekend, and vacation for 18 months, Dee and Steve Arnold of Marietta, Ohio, moved with great pride into their restored, circa-1820 home. "It was our love of old homes and the stories they tell that brought us to the purchase and restoration of this special place," Dee says. Their exemplary accomplishment also took the First Place award in our Restoration category.

To keep costs down, the project played out as a family affair. Dee and Steve acted as the project's general contractors. Steve had a knack for the work, and his brother, Tom, was hired for his labor. Tom is in the concrete business and is familiar with the building trades.

The brothers used heat plates to remove layers of exterior paint, then sanded, primed, and repainted the house. They gutted the interior spaces (saving moldings, trim, doors, and mantels for reuse), installed 29 replacement windows, constructed the picket fence, and repaired the foundation.

Improvements were also made to the original floor plan. The front entry ceiling was raised to create more drama and accommodate large furniture heading upstairs. A mudroom—complete with storage, laundry, and bathroom amenities—was established just inside the home's back porch; master and guest baths were added by dividing a former bedroom; and the kitchen was enhanced by adding an island and a breakfast area.



Living in the 1820s house is a dream come true for Dee and Steve Arnold, who as newly-weds frequently walked by and admired the historic structure. Their children, Stephen and Abigail—with family pet Sydney (*left*)—helped when college schedules permitted. Steve and his brother, Tom, cut the 540 pickets for the fence (*right*) that helps define the home.



PHOTOGRAPHS: CELIA PEARSON. KITCHEN DESIGNER: DAVID T. SMITH. REGIONAL CONTRIBUTOR: BETSY HARRIS













Dee, an elementary school reading specialist, painted the primitive portrait over the mantel in the front parlor (*left*), which the family uses as the living room. An identical room on the other side of the center hall is more casually decorated and earmarked as the family room.

The powder room portion of the mudroom (*left*) houses a washer and dryer at one end.

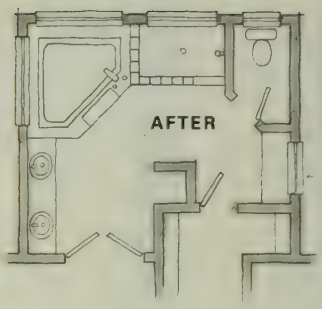
An old pine and walnut cabinet (*below left*), salvaged from the second floor, serves as a focal point in the kitchen along with the faux fireplace. Dee painted the screen.

Daughter Abigail's sunny bedroom (*right*) is on the second floor and overlooks the street, as does brother Stephen's room. None of the second-floor rooms had been trimmed out until the Arnolds remodeled. Steve crafted the four-poster bed for his daughter.









5 bathroom remodelings winner

Saving money without sparing style helped Peggy and Brad Goodwin of Vancouver, Washington, take the top Bathroom Remodelings prize. When it came time to choose the fixtures that would furnish their master bath addition, for instance, they wanted to go with black forged-iron faucets—at $650 a pop. But to save money, they bought $150 solid brass faucets and took them to a powder-coating business where, for another $5 each, they were coated black (*right*). The result provides a scratch-resistant finish that complements the rich quarter-sawn oak/limestone scheme. It also helped ease the decision to upgrade to a multi-jet tub.



Buying information, page 215



Two lavatories and a separate tub/shower layout (see plan, *top right*) allow Peggy and Brad Goodwin (*top left*) to get ready without bumping elbows. The scheme puts the toilet, dressing bench (*top center*), and closet on one side of the room—and the vanity, tub (*right*), and shower on the other. A glass block shower enclosure keeps the space open and sunny.



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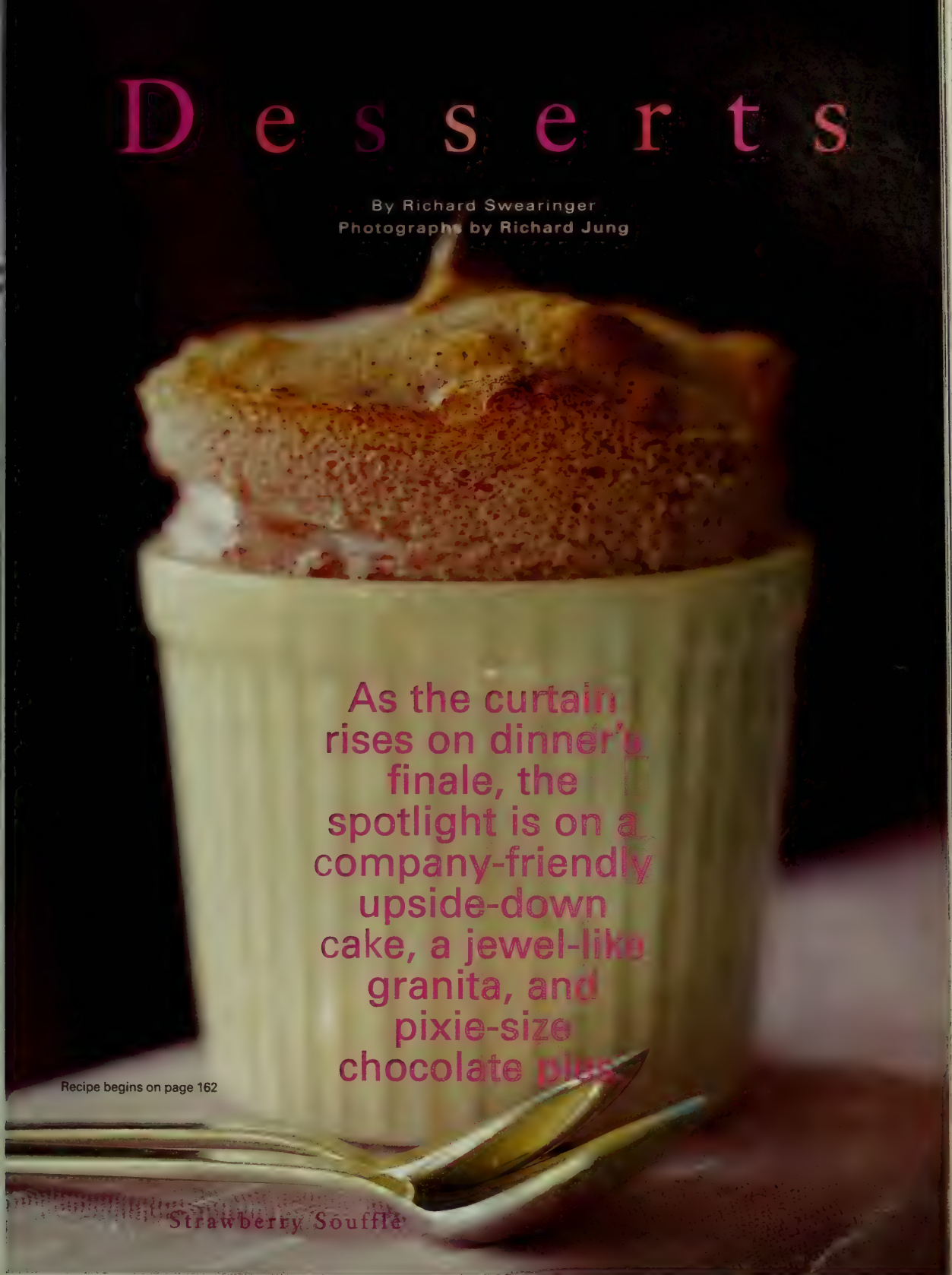
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Desserts

By Richard Swearinger
Photographs by Richard Jung



As the curtain rises on dinner's finale, the spotlight is on a company-friendly upside-down cake, a jewel-like granita, and pixie-size chocolate pies.

Recipe begins on page 162

Strawberry Soufflé



Caramel Cl[illegible]ines

simple touches

- After dessert is over, bring out a bowl of lusciously ripe fruit and a pair of cheeses—maybe a soft Camembert and a divine farmhouse cheddar. Small plates, knives to cut with, and you're done.
- Before conversation begins to flag—sneak back into the kitchen and reappear with your best serving platter stacked with a selection of your town's most luxurious chocolates.
- Showmanship is everything. Go beyond basics and serve dessert on pedestals, in saucers, teacups, or glassware.



Winter Fruit Soup



Pear Ginger Flan

Recipes begin on page 162



Alchemy! Conjure Tiffany rubies for your loved one from a bag of frozen berries. Perform your Valentine magic act by sweetening berries with sugar, adding a mango, blending, then freezing to gem-like beauty (*right*).

Give yourself a head start with fruit that's at its peak right now. Five minutes of heat coax clementines (*left, top*) into greatness and concentrate their flavor; another few minutes on the stove and you've made a sauce. Bravo. Encore!

Like the clementines, this lightly sweet soup (*left, middle*) is perfect if you've never been terribly confident about making dessert. No tricky timings to worry about, really, just cut up the fruit, cook a little, and serve.

A wisp of crisply baked cheddar cheese adds crackle to a smooth, gingery custard that sits atop a miniature lake of pear syrup (*left, bottom*).

Valentine Granita



Chocolate Tartlettes

What to drink?

- After-dinner coffee, whether decaf or regular, becomes infinitely more compelling when you make it a bit stronger than usual and serve it in tiny demitasse cups.
- Or pour hot chocolate, again made a little stronger, dusted with cocoa powder or powdered sugar.
- Use petite glasses to serve liqueurs or sweet wines, such as moscato or vin santo.

Recipes begin on page 166



Jam Roly-Polys



Caramel-Bourbon Upside-Down Cake



The flowery whisper of lavender accompanies each tender spoonful of this delicate custard (*below*).

Creamy, smooth mousse made from semisweet and milk chocolates nestles in a buttery pastry (*left, top*). Two bites and they're gone.

A traditional English dessert without the stiff upper lip (*left, middle*); two flavors of jam—apricot on one side, raspberry on the other—are rolled up in a delicate biscuit-like crust.

A "what if" upside-down cake (*left, bottom*), as in "what if we didn't stop at pineapple and threw in some regal raisins and apricots." And "what if we added a little cornmeal to give old-world appeal and enough gumption to stand up to all that fruit?"

Lavender Crème Brûlée



Chocolate-Cherry Cheesecake

This is the one to serve when you need a grand finale. Dried cherries, chocolate liqueur, a little Brie...and it's just the right size to finish at one meal. No leftovers calling your name in the middle of the night.

continued on page 158

Recipe begins on page 171



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 continued from page 156



Sweetheart Baby Shakes and Chocolate Shortbread Bites

For a big-hearted end to Valentine's dinner, give loved ones a chocolate embrace with these rich, smooth shakes and not-too-sweet cookies.

Recipes begin on page 174

Find a dessert for any occasion at our online Recipe Center. All recipes have been thoroughly tested in the *BH&G*® Test Kitchen, so you know they'll work in yours. Click to www.bhg.com/recipes.







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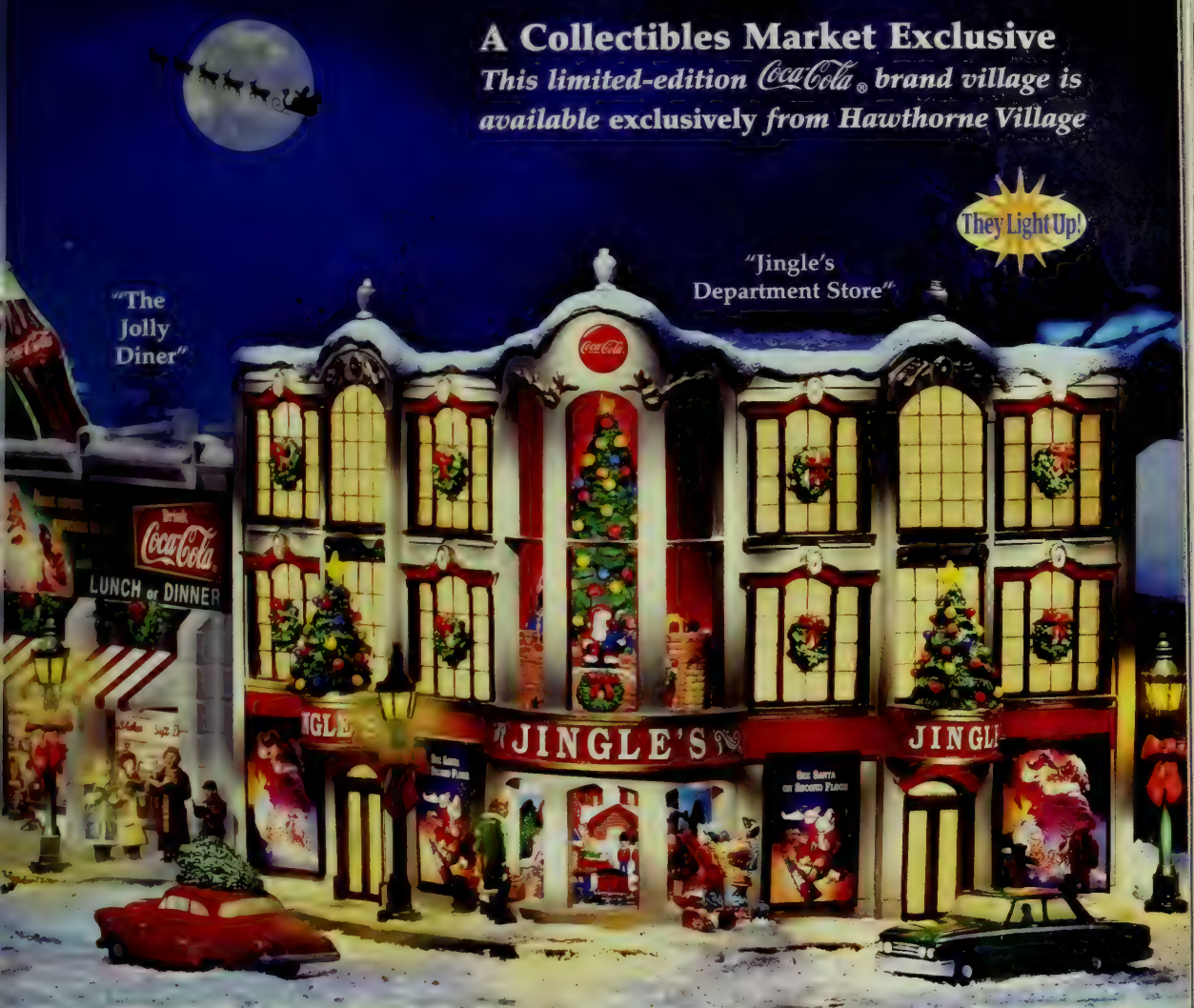
After "Jingle's Department Store" and the FREE figu of children looking in at Santa, subscribers can l forward to acquiring more lighted sculptures, like enticing "Jolly Diner," the charming "St. Ni Pharmacy," and the elaborate "Coca-Cola Theater," "stained glass" windows, and more **free** figurines and accessories sent about every other month.

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scoveries, including SANTA!

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continued from page 158



Egg whites are considered stiff when they form peaks that stand up straight and don't tip over as you lift the beaters.

Strawberry Soufflé

Here's how to make this dessert work so you can prepare it with minimal fuss at dinnertime. Before sitting down to dinner, prepare the soufflé dishes, separate the egg whites, blend the strawberries, and preheat the oven. After dinner, whip the egg whites, fold in strawberries, and bake.

Prep: 20 minutes **Bake:** 15 minutes
Stand: 30 minutes

- 5 egg whites
- Margarine or butter
- Sugar
- 2 cups sliced fresh strawberries
- ¼ to ⅓ cup sugar
- 4 tsp. cornstarch
- ½ cup sugar

1. Let egg whites stand at room temperature for 30 minutes. Using margarine or butter, grease six 1-cup soufflé dishes or 10-ounce custard cups. Sprinkle with sugar, shaking out any excess sugar. Place dishes on a shallow baking pan or cookie sheet. Set aside.

2. Meanwhile, in a medium bowl combine strawberries and the ¼ to ⅓ cup sugar. Let stand 15 minutes until strawberries become juicy. In a blender container or food processor bowl combine strawberry mixture and cornstarch. Blend or process until smooth. Set aside.

3. Preheat oven to 350° F. In a large mixing bowl beat egg whites to soft peaks. Gradually add the ½ cup sugar, beating for 2 to 3 minutes or until stiff glossy peaks form.

4. With a rubber spatula, push beaten egg whites to the side of the bowl. Pour strawberry mixture into bottom of the bowl. Carefully stir a little of the beaten egg whites into the strawberry mixture. Then gently fold the two mixtures together (there should be a few white streaks remaining). Divide mixture evenly among prepared dishes.

5. Bake for 15 to 18 minutes or until a knife inserted near the center comes out clean. Serve immediately with strawberry or chocolate syrup. Makes 6 individual soufflés.

Nutrition facts per serving: 248 cal., 2 g total fat (1 g sat. fat), 4 mg chol., 70 mg sodium, 57 g carbo., 1 g fiber, 3 g pro. Daily Values: 1% vit. A, 45% vit. C, 1% calcium, 1% iron.

Caramel Clementines

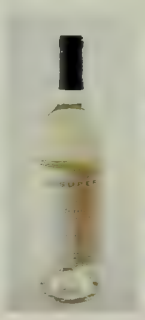
Clementines, tangerines, and Dancy tangerines are all types of Mandarin oranges and can be used interchangeably in this recipe.

Prep: 10 minutes **Cook:** 20 minutes

- 6 clementines or other tangerine variety
- 1 14½-oz. can apricot nectar (1¾ cups)
- ½ cup sugar
- Dash ground red pepper (optional)
- 2 Tbsp. Southern Comfort, orange liqueur, or orange juice
- Pomegranate seeds (optional)

1. Peel clementines and remove any of the fibrous strands of pith on the fruit. In a medium saucepan place clementines, apricot nectar,

continued on page 164



SWEET-SIPPING DESSERT WINES

You didn't think we'd toss off the idea to serve wines like moscato and vin santo (on *page 154*), then leave you hanging, did you? Any of the wines listed *below* will give a magical end to dinner. Most are sold in 375 ml half-bottles (that's six 2-ounce servings). Serve cold; ten minutes out of the refrigerator is ideal.

Here are some names to look for (muscat and moscato are the same grape). These moscatos share similar character; they all have peachy, pear-like flavors, as well as hints of pineapple. Serve alone or with fruit, shortbread cookies, or any of the desserts in this story. Not at your store? Check the Web sites for help in locating them or—in some states—ordering directly.

- St. Supéry, 2001 Moscato, California, $15 for a 750 ml bottle. A cheerful, friendly wine, appealing to all our tasters, it wasn't quite as sweet as the others, so it can be paired with desserts as well as spicy foods (www.stsupery.com).
- Bonny Doon Muscat California Vin de Glacière, 1999, $17 for 375 ml. A sweet one, its charm is that it re-creates the sensation of eating perfectly ripe, icy cold fruit on a hot day (www.bonnydoonvineyard.com).
- Kendall-Jackson Muscat Canelli, 2000, $5 for 375 ml. A simple, drinkable way to try dessert wines. The wine's not too sweet, but still very fruity (www.kj.com).
- Kendall-Jackson Late Harvest Chardonnay, 2000, $20 for 375 ml. Get me a spoon. This lush, sweet wine isn't a moscato, but it is a wonderful example of how much honey-dried apricot flavor can be packed into a small bottle.

The vin santos are more raisiny with an almost musty sweetness; not as sweet as the moscatos, they taste best after dessert. For the true Tuscan experience, serve them with chunks of Parmesan cheese and a bowl of walnuts.

- Castellare, S. Niccolo Vin Santo Del Chianti Classico, 1995, $27 for 375 ml. "Like mince pie in a glass," said one taster. As you drink, keep your taste buds alert for hints of dried fruit (www.winebow.com).
- San Felice Vin Santo, Val d'Arbia, 1994, $24 for 375 ml. A darker, more serious after-dinner wine; the flavors are nutty and spicy. Have the team from work over for a brainstorming dinner and serve this afterward as their reward.

Between "are we there yet?"
and "are we there yet?"



There's no place like RITZ CRACKERS

continued from page 162

sugar, and ground red pepper (if desired). Bring to boiling; reduce heat. Simmer, covered, for 5 minutes. Using a slotted spoon, remove fruit and place in individual serving bowls. Continue to gently boil apricot nectar mixture about 15 minutes or until thick and syrupy. Remove from heat.

2. Stir Southern Comfort or orange liqueur into syrupy mixture. Spoon over fruit. Sprinkle each serving with pomegranate seeds. Serve warm. Makes 6 servings.

Nutrition facts per serving: 151 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 3 mg sodium, 36 g carbo., 2 g fiber, and 1 g pro. Daily Values: 35% vit. A, 44% vit. C, 2% calcium, and 2% iron.



SOUFFLÉ DISHES

Use **1-cup Soufflé Dishes** for the Strawberry Soufflé (recipe, *page 162*). These high-quality ceramic dishes are from Harold's Imports, and each measures about 4 inches in diameter. The set of six costs $49.95, which includes shipping, handling, and applicable sales tax.

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Winter Fruit Soup

Because they're so light, dessert soups are a wonderful ending to hearty dinners.

Prep: 20 minutes **Cook:** 12 minutes
Stand: 1 hour

- 1 cup pinot gris wine or white grape juice
- 1 cup water
- ½ cup sugar
- ¼ cup dried cranberries
- 1 3-inch piece vanilla bean, split, or 1 tsp. vanilla extract
- ¼ to ½ tsp. ground white pepper (optional)
- 2 cups cut-up mixed fruit, such as fresh orange sections, halved kumquats, tangerine sections, and/or cored sliced pears
- 4 scoops lemon sorbet (optional)

1. In a small saucepan combine wine, water, sugar, dried cranberries

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anilla bean (if using), and white epper. Cook and stir over medium eat until sugar dissolves and mixture omes to a boil. Remove from heat. dd vanilla extract (if using). Cover nd let stand 1 hour. Remove vanil- bean. Scrape seeds from vanilla ean pod and stir into soup mixture.

2. To serve, warm soup slightly. Divide fruit among 4 bowls. Divide warmed soup among bowls. Add a small scoop of sorbet to each serving. Makes 4 servings.

Nutrition facts per serving: 228 al., 0 g total fat (0 g sat. fat), 0 mg hol., 7 mg sodium, 48 g carbo., 3 g ber, 1 g pro. Daily Values: 2% vit. , 43% vit. C, 3% calcium, 3% iron.

Pear Ginger Flan

When checking the flans for doneness, nsure they are ready by testing one hat was cooked in the middle of the an and one that was at a back edge.



SOUP SPOONS

Soup spoons can be hard to find, but for soup lovers they are a necessity! For our Winter Fruit Soup (recipe, *page 164*) or any of your family's favorites, these polished heavyweight stainless steel spoons have a 1½-inch round deep base. From RSVP, this **Set of Eight Soup Spoons** is dishwasher safe and costs $29.95, which includes shipping, handling, and applicable sales tax.

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Prep: 45 minutes **Bake:** 50 minutes
Chill: 4 to 24 hours

- 3 cups chopped, peeled pears
- ½ cup sugar
- ⅓ cup water
- 2 Tbsp. shredded fresh ginger
- 3 eggs, beaten
- 1½ cups half-and-half or light cream
- ⅓ cup sugar
- 2 Tbsp. shredded white cheddar cheese (1 oz.)
- 2 Tbsp. shredded Parmesan cheese (1 oz.)

1. In a medium heavy saucepan combine pears, the ½ cup sugar, ⅓ cup water, and ginger. Bring to boiling; reduce heat. Cook, covered, until pears are tender. Drain; reserving liquid. Discard pears and ginger. Return liquid to saucepan. Cook over medium-high heat until reduced to ¼ cup (about 10 minutes, mixture should be

continued on page 166

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er with Swanson® Broth instead of water for sensational veggies. on Chicken Broth is made from chicken with just the right amount vegetables and seasonings for rich, distinctive flavor. Use it to bring your everyday cooking alive with flavor.

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continued from page 165

syrupy). Quickly pour pear ginger syrup into four 6-ounce custard cups.

2. Preheat oven to 325° F. Place custard cups in a 2-quart square baking dish. In a medium bowl combine the eggs, half-and-half or milk, and the remaining ⅓ cup sugar. Pour egg mixture atop pear ginger syrup in cups. Place the baking dish on the oven rack. Pour boiling water into baking dish around cups, reaching halfway up the sides of dishes (about 1 inch deep). Bake for 40 to 45 minutes or until a knife inserted near the center of each custard comes out clean. Remove cups from water bath. Cool slightly on wire rack. Cover and chill for 4 to 24 hours.

3. For cheese crisps, in a bowl combine cheeses. Using 1 tablespoon cheese mixture for each, place the shredded cheese on a nonstick cookie sheet; spread cheese into circles about 2 inches wide, spacing circles about 2 inches apart. Bake in a 325° F oven for 10 to 12 minutes or until the cheese just begins to brown. Allow to cool for 30 seconds on the cookie sheet, and then remove. Cool on a wire rack.

4. To unmold, slip the point of a knife down the sides of each flan to let in air and loosen the edges. Invert a dessert plate over each flan; turn custard cup and plate over together. Remove custard cup, scraping any remaining syrup onto the flan. Serve with cheese crisps. Makes 4 servings.

Nutrition facts per serving: 356 cal., 16 g total fat (9 g sat. fat), 200 mg chol., 129 mg sodium, 44 g carbo., 0 g fiber, 9 g pro. Daily Values: 14% vit. A, 1% vit. C, 16% calcium, 4% iron.



Stir the granita when it is still slushy. If you wait too long, it may freeze solid.

Valentine Granita

We included mango because it complements the flavor of the raspberries.

Prep: 20 minutes **Stand:** 5 minutes
Freeze: 1 hour plus overnight

- 1 cup water
- ½ cup sugar
- 1 12-oz. pkg. frozen lightly sweetened red raspberries
- 1 medium fresh mango, peeled, seeded, and chopped
- Fresh red raspberries (optional)

1. In a medium saucepan combine water and sugar. Cook over medium heat until mixture just boils, stirring to dissolve sugar. Remove from heat and add the raspberries and mango. Pour into a blender container or food processor bowl. Cover and blend or process until mixture is smooth. Strain through a fine mesh sieve (should have about 2 cups sieved fruit mixture).

2. Pour sieved mixture into a 13x9x2-inch baking dish or freezer container. Cover and freeze for 1 to 2 hours or until mixture is nearly frozen. Stir well, scraping frozen mixture from sides of dish or container (*left*). Spread mixture to evenly cover bottom of dish or container. Cover and freeze several hours or overnight.

3. To serve, let stand at room temperature for 5 to 10 minutes. Use an ice cream scoop to transfer into demitasse cups or dessert dishes. Makes 4 servings.

Nutrition facts per serving: 214 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 4 mg sodium, 56 g carbo., 2 g fiber, 0 g pro. Daily Values: 41% vit. A, 48% vit. C, 2% calcium, 3% iron.

Chocolate Tartlettes

If you're running a little behind, skip the petite shells and spoon the mousse into four small bowls.

Prep: 35 minutes **Bake:** 20 minutes
Cool: 5 minutes **Chill:** 1 hour

continued on page 168



CUSTARD CUPS

Use **6-ounce Custard Cups** for the Pear Ginger Flan (recipe, *page 165*). These high-quality ceramic dishes are from Harold's Imports. The set of four costs $34.95, which includes shipping, handling, and applicable sales tax.

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MUFFIN TIN

Make Chocolate Tartlettes (recipe, *above*) with this set of two **Mini Muffin Tins**. Each has a capacity of 24 and features a nonstick coating. From Fox Run Craftsmen, the price is $29.95, which includes shipping, handling, and sales tax.

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- ½ cup butter, softened
- 1 3-oz. pkg. cream cheese, softened
- ⅔ cup all-purpose flour
- ⅔ cup whipping cream
- 3 oz. semisweet or bittersweet chocolate, chopped
- 3 oz. milk chocolate, chopped
- Unsweetened cocoa powder (optional)

1. Preheat oven to 325° F. For pastry, in a medium mixing bowl beat the butter and cream cheese until combined. Stir in flour. Press a slightly rounded teaspoon of pastry evenly into the bottom and up the sides of 24 ungreased 1¾-inch muffin cups. Bake for 20 to 25 minutes or until pastry is golden. Cool 5 minutes in pans. Remove from pans. Carefully transfer to a wire rack and cool completely.

2. For filling, in a small saucepan bring the cream just to simmering over medium heat. Remove from heat. Add semisweet or bittersweet chocolate and milk chocolate; let stand for 2 minutes. Using a wooden spoon, stir together until smooth and melted. Transfer to a medium bowl; cover and chill for 1 hour. Beat the chocolate mixture with an electric mixer on medium speed until soft peaks form. Spoon the filling into baked pastry cups.

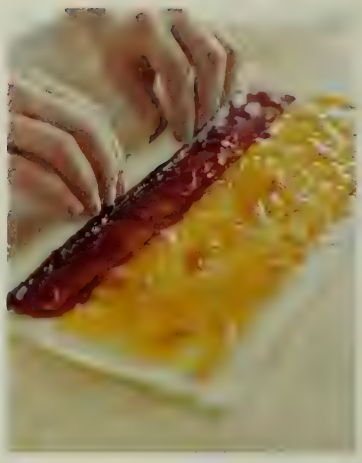
3. Cover and chill until serving time. If desired, just before serving, sprinkle lightly with unsweetened cocoa powder. Makes 24 servings.

Nutrition facts per serving: 139 cal., 11 g total fat (6 g sat. fat), 29 mg chol., 59 mg sodium, 8 g carbo., 0 g fiber, and 2 g pro. Daily Values: 7% vit. A, 0% vit. C, 2% calcium, and 3% iron.

Jam Roly-Polys

We chose apricot and raspberry jam because we love the way they work together, but feel free to substitute.

Prep: 25 minutes **Bake:** 20 minutes



When rolling the two ends toward one another, go slowly for best results.

- 1 cup all-purpose flour
- 1½ tsp. baking powder
- ¼ tsp. salt
- 3 Tbsp. shortening
- ⅓ cup milk
- 2 Tbsp. apricot or peach preserves or jam
- 2 Tbsp. seedless raspberry or strawberry jam
- 1 recipe Lemon Sour Cream Sauce

1. Preheat oven to 375° F. In a medium bowl stir together the flour, baking powder, and salt. Cut in the shortening until mixture resembles coarse crumbs. Make a well in the center of the flour mixture. Add milk all at once. Using a fork, stir just until moistened. Turn dough out onto a lightly floured surface. Quickly knead dough 10 to 12 strokes or until nearly smooth.

2. Roll dough to a 12x8-inch rectangle. Spread apricot or peach preserves lengthwise over half of the pastry, leaving a ½-inch border around the edges. Spread raspberry or strawberry jam lengthwise over remaining half of dough, leaving a ½-inch border around edges. Roll the two long sides, scroll fashion, to meet in the center. Where the rolls come together, brush with water and lightly squeeze together.

3. Line a baking sheet with foil and grease the foil. Transfer the roll to the baking sheet. Bake 20 minutes or until golden. Cool 10 minutes on the cookie sheet. Cut roll into 1-inch slices. Place two warm slices in each shallow bowl and pass Lemon Sour Cream Sauce. Makes 5 servings.

Lemon Sour Cream Sauce: In a small saucepan combine ⅔ cup lemon curd and ⅓ cup dairy sour cream. Heat over low just until warm (do not boil).

Nutrition facts per serving: 374 cal., 13 g total fat (5 g sat. fat), 39 mg chol., 288 mg sodium, 63 g carbo., 5 g fiber, and 4 g pro. Daily Values: 3% vit. A, 3% vit. C, 12% calcium, and 8% iron.

Caramel-Bourbon Upside-Down Cake

As a shortcut, use the pre-peeled, pre-cored, fresh pineapple that's now available in many grocery stores.

Prep: 30 minutes **Bake:** 20 minutes **Cool:** 30 minutes

- ¼ cup butter or margarine
- ½ cup packed brown sugar
- ¼ cup bourbon or orange juice
- 1 cup chopped fresh pineapple, well drained, or one 8-oz. can pineapple chunks or tidbits, drained
- ½ cup snipped dried apricots
- ¼ cup golden raisins
- ¼ cup toasted slivered almonds, pine nuts, or chopped macadamia nuts
- 1 cup all-purpose flour
- ½ cup cornmeal
- 2 Tbsp. granulated sugar
- 1½ tsp. baking powder
- ¼ tsp. salt
- ⅛ tsp. ground nutmeg
- 2 eggs, beaten
- ½ cup milk
- 2 Tbsp. cooking oil

1. Preheat oven to 400° F. Melt the butter or margarine in a 9x9x2-inch baking pan in the oven for about 5 minutes. Stir in brown sugar and bourbon or orange juice. Spoon pineapple, apricots, raisins, and nuts

continued on page 171

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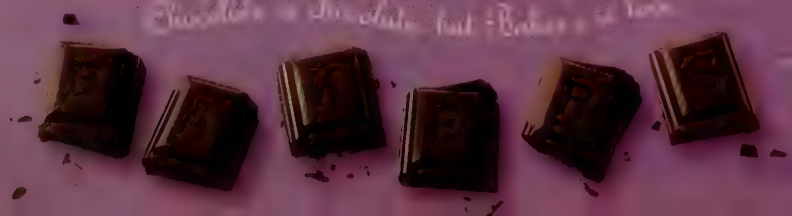
Prep: 15 minutes
Bake: 14 minutes

Baker's One Bowl™ Recipe

- 1 pkg. (8 squares) BAKER'S Semi-Sweet Baking Chocolate
- ¾ cup firmly packed brown sugar
- ½ cup peanut butter
- ¼ cup (½ stick) butter or margarine, softened
- 2 eggs
- 1 tsp. vanilla
- ½ cup flour
- ¼ tsp. CALUMET Baking Powder
- 1 pkg. (8 squares) BAKER'S Semi-Sweet Baking Chocolate, coarsely chopped or 1-½ cups BAKER'S Semi-Sweet Chocolate Chunks
- 2 cups peanuts, chopped (optional)

HEAT oven to 350°F. **MICROWAVE** chocolate squares in large microwavable bowl on HIGH 2 minutes. Stir until chocolate is melted and smooth. Stir in sugar, peanut butter, butter, eggs and vanilla with wooden spoon until well blended. Stir in flour and baking powder. Stir in chopped chocolate and peanuts. Drop by scant ¼ cupfuls onto ungreased cookie sheets. **BAKE** 13 to 14 minutes or until cookies are puffed and feel set to the touch. Cool on cookie sheets 1 minute. Remove to wire racks and cool completely. Makes about 18 large cookies. **Note:** If omitting peanuts, increase flour to ¾ cup to prevent spreading. Makes about 15 large cookies.





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SOUFFLÉ DISHES

Use **4-ounce Soufflé Dishes** for the Lavender Crème Brûlée (recipe, *right*). These high-quality ceramic dishes are from Harold's Imports, and each measures about 3 inches in diameter. The set of eight costs $34.95, which includes shipping, handling, and applicable sales tax.

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into the pan. Stir together to mix, then spread out to form an even layer. Set pan aside.

2. In a medium mixing bowl stir together flour, cornmeal, granulated sugar, baking powder, salt, and nutmeg. Make a well in the center of the flour mixture. Set aside.

3. In another bowl combine the eggs, milk, and cooking oil. Add egg mixture all at once to the flour mixture. Stir just until moistened. Carefully spoon batter in mounds over fruit mixture in pan; spread evenly.

4. Bake about 20 minutes or until a wooden toothpick inserted near center comes out clean. Cool on a wire rack for 5 minutes. Loosen sides; invert onto a plate. Spoon on any topping that falls off. Serve warm. Makes 8 servings.

Note: To reheat, place on a microwave-safe plate. Micro-cook on high (100 percent power) for 20 seconds.

Nutrition facts per serving: 327 cal., 11 g total fat (3 g sat. fat), 62 mg chol., 210 mg sodium, 50 g carbo., 3 g fiber, 6 g pro. Daily Values: 17% vit. A, 6% vit. C, 11% calcium, 14% iron.

Lavender Crème Brûlée

Caramelizing sugar in a pan avoids placing cold dishes under a hot broiler, which can cause dishes to shatter.

Prep: 20 minutes **Bake:** 30 minutes
Chill: 1 to 8 hours

- 2 cups half-and-half or light cream
- 2 to 3 tsp. dried lavender flowers or 1 Tbsp. snipped fresh basil
- 5 egg yolks, slightly beaten
- ⅓ cup sugar
- 1 tsp. vanilla
- ⅛ tsp. salt
- ⅓ cup sugar

1. Preheat oven to 325° F. In a heavy small saucepan heat half-and-half or light cream and lavender or basil over medium-low heat just until bubbly. Remove from heat. Strain through a fine mesh sieve; discard lavender or basil. Set cream aside.

2. Meanwhile, in a medium bowl combine egg yolks, the ⅓ cup sugar, vanilla, and salt. Beat with a wire whisk or rotary beater just until combined. Slowly whisk the hot half-and-half or light cream into the egg mixture.

3. Place eight 4-ounce ramekins or six 6-ounce custard cups in a 13x9x2-inch baking pan. Place baking pan on the oven rack. Pour custard mixture evenly into the dishes or cups. Pour boiling water into baking dish around cups, reaching halfway up the sides of dishes (about 1 inch deep).

4. Bake the custards for 30 to 35 minutes or until a knife inserted near the center of each custard comes out clean. Remove custards from water bath; cool on wire rack. Cover and chill at least 1 hour or up to 8 hours.

5. Before serving, remove custards from refrigerator; let stand at room temperature for 20 minutes. Meanwhile, place the remaining ⅓ cup sugar in a heavy skillet. Heat skillet over medium-high heat until sugar begins to melt. Do not stir. Once the sugar starts to melt, reduce heat to low and cook about 5 minutes more or until all of the sugar is melted and golden, stirring as needed with a wooden spoon.

6. Quickly drizzle some of the caramelized sugar over custards in desired pattern. If sugar starts to harden, return skillet to heat, stirring until melted again. Makes 8 servings.

Nutrition facts per serving: 178 cal., 10 g total fat (5 g sat. fat), 155 mg chol., 65 mg sodium, 19 g carbo., 0 g fiber, 4 g pro. Daily Values: 9% vit. A, 1% vit. C, 8% calcium, 2% iron.

Chocolate Cherry Cheesecake

If you don't want to buy a large quantity of the chocolate liqueur, use a 50 ml airline-size bottle; it will be less than the full quarter cup, but enough.

Prep: 30 minutes **Bake:** 25 minutes
Cool: 2 hours **Chill:** 4 hours

- ½ cup dried cherries
- ¼ cup chocolate liqueur
- 1 cup crushed shortbread cookies (about 13 cookies)
- ½ cup ground almonds
- 3 Tbsp. butter, melted
- 1 8-oz. pkg. cream cheese, softened
- 1 4½-oz. round Brie cheese, rind removed and cut up
- ⅓ cup sugar
- 1 Tbsp. all-purpose flour
- 1 egg
- 1 egg yolk
- 2 Tbsp. milk

1. Preheat oven to 375° F. In a small bowl combine dried cherries and chocolate liqueur. Set aside. For crust, in a medium bowl combine crushed cookies and almonds. Stir in melted butter. Press the crumb mixture onto the bottom and about 2 inches up the sides of a 7-inch springform pan or about 1 inch up the sides of an 8-inch springform pan (use a measuring cup to press crumbs onto pan). Set pan aside.

2. For filling, in a large mixing bowl beat cream cheese, Brie, sugar,

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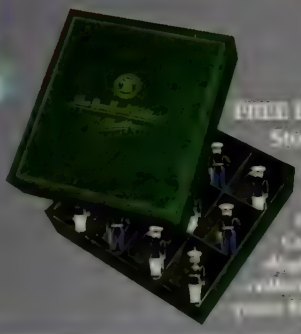
Set One



Each ornament features movable nutcracker jaws and a traditional lever on his back

Shown smaller than actual size of about 5 inches high. Golden hanging cords included

Neither the United States Marine Corps nor any other component of the Department of Defense has approved, endorsed or authorized this product.



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49278-E812

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smaller than actual size
but 3 inches high. Silvery
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ericans take pride in the magnificent symbols of our nation—bols that represent truth, justice and liberty for all. Now the t stirring and patriotic images of America's freedom inspire n the *God Bless America Heirloom Glass* Ornament ection. These crystal-clear, teardrop-shaped glass ornaments ose gently rolling, colored oil and water layers that reflect look of the U.S. flag as it proudly waves. Silvery pedestals and awe-inspiring American flag crown each ornament, while ery stars and scripted ornament titles add finishing touches.

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49297-E81201



Desserts

continued from page 171

and flour with an electric mixer on medium speed until combined. Add egg and egg yolk all at once, beating on low speed just until combined. Stir in milk and undrained cherries.

3. Pour filling into crust-lined pan. Place on a shallow baking pan in the oven. Bake about 25 minutes or until center appears nearly set when gently shaken.

4. Cool in pan on a wire rack for 15 minutes. Loosen the crust from sides of pan; cool 30 minutes more. Remove the sides of the pan; cool cheesecake completely. Cover and chill at least 4 hours before serving. Makes 8 servings.

Nutrition facts per serving: 400 cal., 27 g total fat (13 g sat. fat), 115 mg chol., 294 mg sodium, 28 g carbo., 2 g fiber, 10 g pro. Daily Values: 16% vit. A, 0% vit. C, 9% calcium, 8% iron.

Chocolate Shortbread Bites

Savor these with a great pot of coffee.

Prep: 15 minutes **Bake:** 12 minutes

- 1 cup all-purpose flour
- ⅓ cup packed brown sugar
- ¼ cup unsweetened cocoa powder
- 1 tsp. instant coffee crystals or ½ tsp. instant espresso coffee powder
- ½ tsp. ground cinnamon
- ½ cup butter
- ½ cup semisweet chocolate pieces, melted (optional)*
- 1 tsp. shortening (optional)

1. Preheat oven to 325° F. In a medium bowl combine flour, brown sugar, cocoa powder, instant coffee or espresso powder, and cinnamon.



Make the Chocolate Shortbread Bites (recipe, *left*) with **Graduated Heart Cutters**. The set of seven professional-quality cutters from Ateco and Fox Run Craftsmen range in size from 1¼ inches to 3¾ inches. The cutters nest in a round metal storage tin with cover. The price of the set is $24.95, which includes shipping, handling, and sales tax.

TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. Or, visit *www.bhgcatalog.com* to order on the Internet.

Using a pastry blender, cut in butter until mixture resembles fine crumbs. With hands, knead dough until it forms a smooth ball.

2. On a lightly floured surface roll dough ¼ inch thick (about 9x8-inch rectangle). Use various-sized heart-shaped cookie cutters to cut out dough. Reroll as necessary. Place 1 inch apart on an ungreased cookie sheet. Bake 12 to 15 minutes or until edges are set and tops appear dry. Transfer cookies to a wire rack and let cool. If desired, dip edges in melted chocolate. Makes about eighty 1-inch hearts.

*Note: To melt chocolate, in a saucepan combine chocolate pieces and shortening. Stir over low heat until melted. Dip one corner of each cookie in melted chocolate; transfer to a waxed-paper-lined cookie sheet. Let stand until chocolate sets.

Nutrition facts per cookie: 21 cal., 1 g total fat (1 g sat. fat), 3 mg chol., 13 mg sodium, 2 g carbo., 0 g fiber, 0 g pro. Daily Values: 0% vit. A, 0% vit. C, 0% calcium, 1% iron.

Sweetheart Shakes

Crème fraîche adds a creamy smoothness and tang.

Start to finish: 5 minutes

- ½ cup purchased crème fraîche or dairy sour cream
- ¼ cup dark, bittersweet, or triple chocolate-flavored syrup or ice-cream topping
- 1½ pints chocolate ice cream, softened
- Ground cinnamon (optional)

1. Place crème fraîche or sour cream and chocolate syrup or ice-cream topping in a blender container. Cover and blend until smooth, stopping blender and scraping down sides as necessary. Add ice cream and blend until smooth, scraping down sides. Divide among 4 small glasses. Sprinkle the top of each with cinnamon. Serve immediately. Makes 4 (6-ounce) servings.

Nutrition facts per serving: 337 cal., 20 g total fat (12 g sat. fat), 60 mg chol., 106 mg sodium, 40 g carbo., 2 g fiber, 5 g pro. Daily Values: 8% vit. A, 2% vit. C, 14% calcium, 7% iron.

Cranberry-Peanut Butter Bread Conventional Method

If you don't own a bread machine, use these directions to prepare the Prizewinning bread on *page 183*.

Prep: 30 minutes **Rise:** 2½ hours
Bake: 35 minutes

- 2½ cups all-purpose flour
- 2¼ tsp. active dry yeast
- ¾ cup water
- ½ cup milk
- ⅓ cup creamy peanut butter
- 3 Tbsp. honey
- 1 Tbsp. butter or margarine

continued on page 176





JIMMY DEAN'S® Sausage Dip

- 2 packages of JIMMY DEAN® Sausage, cooked, crumbled and drained
- 2 10-½ oz. cans of tomatoes and green chilies, drained
- 2 lbs. processed cheese product
- 1 8 oz. jar picante sauce
- 1 large bag tortilla chips

In a large pot, cut processed cheese product into cubes and melt over medium-high heat, stirring continually. Add cooked sausage, drained tomatoes and green chilies, and picante sauce. Stir well.

Serve warm over tortilla chips.

SWANSON® Creamy Broccoli Potato Soup

Prep Time: 20 minutes
Cook Time: 30 minutes

- 6 cups SWANSON® Chicken Broth
- ¼ tsp. pepper
- 2 cloves garlic, minced
- 8 cups chopped fresh broccoli
- 3 large potatoes, sliced ¼" thick
- 1 large onion, sliced
- 1¾ cups milk
- ¼ cup grated Parmesan cheese

Mix broth, pepper, garlic, broccoli, potatoes and onion in saucepot. Heat to a boil. Cover and cook over low heat 15 minutes or until vegetables are tender. Remove from heat.

Blend broth mixture in blender or food processor until smooth. Return to pan. Stir in milk and cheese. Heat through. Serves 13.

See SWANSON® ad on page 164-165

Desserts

continued from page 175

- 1½ tsp. salt
- 1 egg
- 1½ cups whole wheat flour
- 1 cup dried cranberries

1. In a mixing bowl combine 1¼ cups of the all-purpose flour and the yeast; set aside. In a small saucepan heat and stir the water, milk, peanut butter, the honey, butter, and salt just until warm (120° to 130° F) and butter almost melts. Add to dry mixture along with egg. Beat with an electric mixer on low to medium speed for 30 seconds, scraping the sides of the bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon stir in the 1½ cups whole wheat flour, the cranberries, and enough additional all-purpose flour (about ½ cup) to make dough easy to handle.

2. Turn the dough out onto a lightly floured surface. Knead in ⅓ to ⅔ cup additional all-purpose flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total). Shape dough into a ball. Place in a lightly greased bowl, turning once to grease surface of the dough. Cover; let rise in a warm place for 1½ hours.

3. Punch dough down. Turn out onto a floured surface. Cover; let rest 10 minutes. Preheat oven to 375° F.

4. Shape dough into a loaf by patting or rolling. To shape dough by patting, gently pat and pinch the dough into a loaf shape, tucking edges beneath. To shape dough by rolling, on a lightly floured surface, roll into a 12x8-inch rectangle. Roll up, starting from a short side. Seal with fingertips as you roll. Place in a lightly greased 9x5x3-inch loaf pan. Cover and let rise in a warm place for 1 hour.

5. Bake 35 to 40 minutes or until bread sounds hollow when lightly tapped. Cover loosely with foil after 20 minutes of baking. Immediately remove bread from pan. Cool on a wire rack. Makes 1 loaf.

Salsa Bread Conventional Method

Use these directions to make the bread on *page 184* by hand.

Prep: 30 minutes **Rise:** 75 minutes
Bake: 30 minutes

- 3 cups bread flour
- 2 tsp. active dry yeast
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ to ½ tsp. ground red pepper
- 1 cup bottled chunky salsa
- ⅓ cup water
- 1 Tbsp. sugar
- 1 Tbsp. cooking oil
- Dash bottled hot pepper sauce

1. In a bowl combine 1 cup of the bread flour, yeast, cumin, chili powder, and ground red pepper; set aside. In a small saucepan heat and stir salsa, water, sugar, oil, and hot pepper sauce just until warm (120° to 130° F). Add salsa mixture to dry mixture. Beat with an electric mixer on low speed 30 seconds, scraping the bowl constantly. Beat on high speed for 3 minutes. Stir in as much of the remaining flour as you can.

2. Turn the dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately stiff dough that is smooth and elastic (6 to 8 minutes total). Shape dough into a ball. Place in a greased bowl; turn once. Cover; let rise in a warm place until double in size (about 45 to 60 minutes).

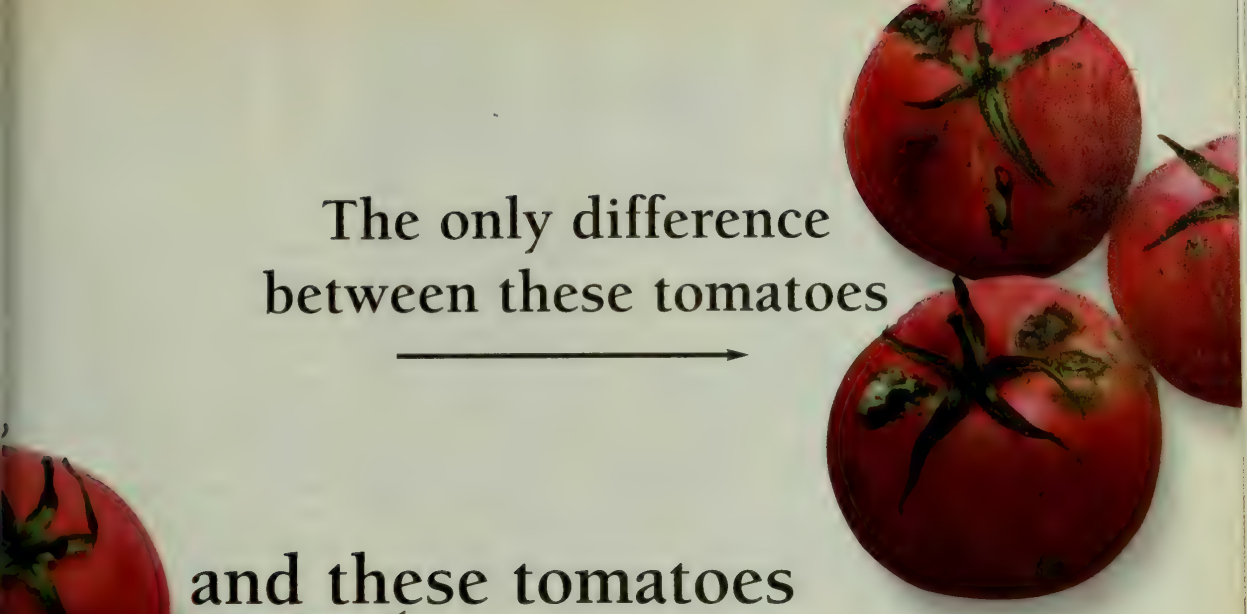
3. Punch dough down. Turn dough out onto a lightly floured surface. Cover; let rest 10 minutes.

4. Shape dough following directions in Step 4 of bread method, *left*. Preheat oven to 375° F.

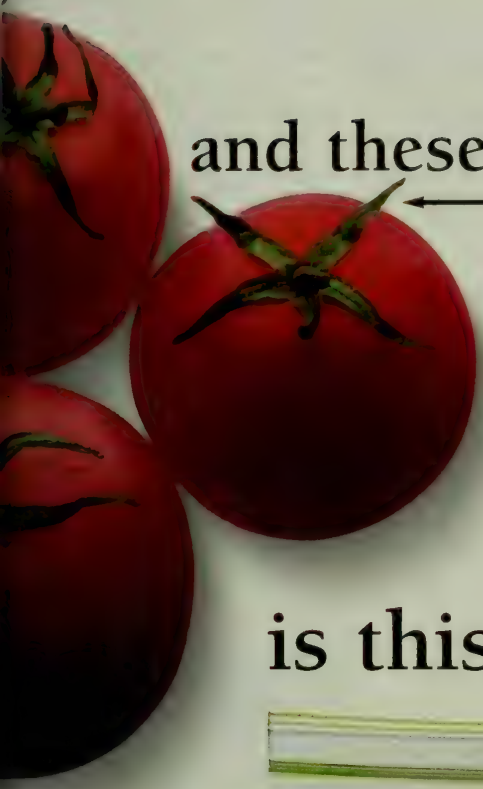
5. Place the dough in a lightly greased 8x4x2-inch loaf pan. Cover and let rise in a warm place until nearly double in size (about 30 minutes).

6. Bake about 30 minutes or until bread sounds hollow when you tap the top with your fingers (cover loosely with foil the last 10 minutes of baking to prevent overbrowning). Immediately remove bread from pan. Cool on a wire rack. Makes 1 loaf.

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bringing out the best in beans

Soak 'em if you've got 'em. That's the secret to unlocking the soul-bracing, velvety richness hidden within dry beans.

There's no problem that water can't solve, and you'll give the H_2O a head start if you begin by presoaking your beans. You can soak them overnight in cold water, but we recommend boiling and soaking because it cuts the time your stovetop is tied up. And, the boiling/soaking method has the added benefit of making the beans more digestible, say some cooking experts.

Once the soaked beans are in the pot and cooking is under way, keep an open ear. What you want to hear is silence, because the beans need to cook slowly to retain their shape and texture. If the lid is rattling or the water is boiling, they're cooking too fast and you run the danger of the beans sticking to the bottom of the pan and burning (something you *really* want to avoid).

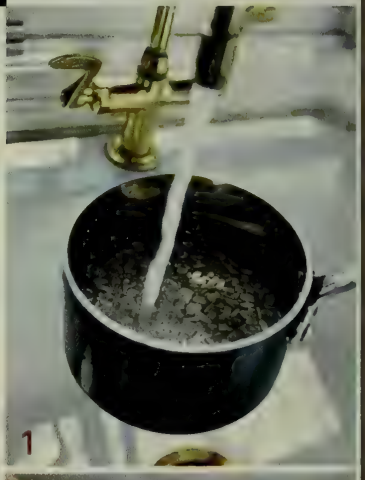
This recipe calls for Great Northern beans, but the kind of beans you'll find on your supermarket shelf depends on where you live. That's why with this recipe (see *page 180*) you can use nearly any variety of dry bean. Keep in mind though, the darker the bean, the stronger the flavor. Begin testing for doneness after an hour of cooking; as long as you've presoaked them, the beans shouldn't have to cook more than 90 minutes.

When it comes to serving, it's strictly up to you and your family how much of the cooking liquid to serve with the beans. In the South, beans get ladled up with lots of the broth and served with a square of corn bread.

continued on page 180

1. As you're rinsing the beans in a saucepan (*below*) or a colander, pick out any discolored beans, small rocks, or other debris present. Rinse the saucepan clean before proceeding.

2. How do you know if beans are done? Pinch one, or try biting one (after cooling it under cold water). Either way, if you feel a hard core, cook an additional 5 to 10 minutes and try again.





sagna (ethnic dish requiring half a day of your life
prepare and one full day of rest when it's done)



r Ragú 10 minute prep no boiling lasagna.

k Time: 70 min. Serves 12) 2 containers (15 oz. ea.) ricotta cheese, 2 cups shredded mozzarella cheese (about 8 oz.), 1/2 cup grated
esan cheese, 2 eggs, 2 jars (26 oz. ea.) Ragú Robusto!™ Pasta Sauce, 12 uncooked lasagna noodles.

reheat oven to 375°. Combine ricotta, 1 cup mozzarella, 1/4 cup Parmesan and eggs.
13"x 9" baking dish, spread 1 cup sauce. Layer 4 uncooked noodles, 1 cup sauce and 1/2 of ricotta mixture; repeat
with 4 uncooked noodles and 2 cups sauce. Reserve remaining sauce; heat and serve with lasagna.
over with foil; bake 1 hour. Remove foil; sprinkle with remaining cheeses. Bake uncovered 10 minutes. Let stand 10 minutes.



continued from page 178



A GUIDE TO BEANS

Red beans. Like the more familiar kidney bean, reds have a robust, full-bodied flavor and soft texture. They hold their shape and firmness when cooked.

Navy beans. The name reflects the fact that it's been served to United States Navy sailors for more than 100 years. The bean has a mild flavor with powdery texture (and yes, it's still on ships' menus, says a Navy spokesman).

Pinto beans. This relative of the kidney bean has a rich flavor. ("Pinto" is the Spanish word that means painted.)

Great Northern beans. Popular in the Midwest, this medium-sized, white oval bean has a mild flavor with powdery texture. Navy beans are the best substitute.

Light Red and Dark Red Kidney beans. Kidney beans are noted for their robust, full-bodied flavor and soft texture. Lights and darks can be used interchangeably.

Black beans. The black's earthy sweet flavor comes with a hint of mushroom. These are also called Turtle beans.

Beans and Greens

Prep: about 10 minutes + 1 hour standing
Cook: 1¼ hours

- ½ lb. dry Great Northern beans, navy beans, pinto beans, or kidney beans (1 cup plus 2 Tbsp.)
- 1 14.5-oz. can reduced-sodium chicken broth
- 1 bay leaf
- 1 tsp. dried thyme, crushed
- ¼ tsp. salt
- ¼ tsp. ground black pepper
- 4 slices bacon
- 1 medium onion, chopped (½ cup)
- 1 clove garlic, minced
- ¼ tsp. crushed red pepper (optional)
- 4 cups torn mustard greens or spinach
- 2 cups chopped tomato (optional)

1. Rinse beans. In a large saucepan combine beans and 4 cups cold water. Bring to boiling; reduce heat. Simmer 2 minutes. Remove from heat. Cover; let stand 1 hour.

2. Drain and rinse beans. Return beans to the saucepan and add 2½ cups fresh cold water, the chicken broth, bay leaf, thyme, salt, and black pepper. Bring to boiling; reduce heat. Cover and simmer about 1¼ hours or until beans are tender, stirring occasionally. (Add more water if needed to prevent sticking or burning.)

3. Meanwhile, in a skillet cook bacon over medium heat until crisp. Drain on paper towels, reserving 1 tablespoon of bacon drippings in the skillet. Add onion, garlic, and crushed red pepper, if desired. Cook and stir over medium heat until onion is tender.

4. Add greens and tomato, if desired, to skillet. Cover and cook 1 to 2 minutes.

5. Drain beans, reserving liquid if desired. Discard bay leaf. Return beans to saucepan. Add onion mixture, tossing gently to combine. Season with additional salt and pepper. Spoon into serving bowl. Crumble bacon over top. Pass remaining broth. Makes 6 servings.

Nutrition facts per serving: 176 cal., 3 g total fat (1 g sat. fat), 4 mg chol., 355 mg sodium, 27 g carbo., 9 g fiber, 12 g pro. Daily Values: 19% vit. A, 30% vit. C, 10% calcium, 13% iron.



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see page 187 for details



$400 winner Cranberry-Peanut Butter Bread

Gail St. Marie, Pine River, Minn.,
in the Best Bread Machine Loaves Category, February 2002

- ¾ cup water
- ½ cup milk
- 1 egg
- ½ cup creamy peanut butter
- 3 Tbsp. honey
- 1 Tbsp. butter or margarine
- 3 cups whole wheat flour
- 2 Tbsp. gluten flour*
- 1½ tsp. salt
- 2¼ tsp. active dry yeast or bread machine yeast
- 1 cup dried cranberries

Add the ingredients to a 1½- or 2-pound loaf bread machine according to the manufacturer's directions. (The bread machine pan must have a capacity of 10 cups or more.) Select the basic white bread cycle and, if available, the light setting. Makes 1 loaf (16 slices).

*Note: Look for gluten flour in health food stores or in the baking section of some supermarkets.

If you don't own a bread machine, you'll find conventional directions for making this bread on *page 175*.

Nutrition facts per slice: 179 cal., 6 g total fat (2 g sat. fat), 16 mg chol., 274 mg sodium, 28 g carbo., 4 g fiber, and 6 g pro. Daily Values: 1% vit. A, 0% vit. C, 2% calcium, and 7% iron.

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 187 for details



$400 winner East-West Veggies

Dennis Miller, Hawthorne, Calif.,
in the Canned and Frozen Vegetable Ideas Category, February 2002

- 1 medium onion, cut into thin wedges (½ cup)
- 1 Tbsp. butter or margarine
- 1 Tbsp. olive oil
- 6 green onions, cut into 1-inch pieces (½ cup)
- 3 Tbsp. hoisin sauce
- 1 tsp. paprika
- 1 15¼-oz. can whole kernel corn, drained
- 1 15-oz. can black beans, rinsed and drained
- ¾ cup chopped celery
- ½ cup finely chopped red sweet pepper

In a large skillet cook and stir onion wedges in hot butter and olive oil over medium heat about 4 minutes or until tender but not brown. Stir in green onions, hoisin sauce, and paprika. Cook and stir 1 minute more.

Add corn, beans, celery, and red sweet pepper. Cook and stir until heated through. Transfer to a serving bowl. Makes 6 side-dish servings.

Nutrition facts per side-dish serving: 166 cal., 5 g total fat (2 g sat. fat), 5 mg chol., 574 mg sodium, 28 g carbo., 5 g fiber, and 6 g pro. Daily Values: 21% vit. A, 47% vit. C, 4% calcium, and 6% iron.



Prize Tested Recipes®

see page 187 for details

$200 winner Great Greek Green Beans

Sabrina Dana, Euless, Texas,
in the Canned and Frozen Vegetable Ideas Category, February 2002

- ½ cup chopped onion
- 1 clove garlic, minced
- 2 Tbsp. olive oil
- 1 28-oz. can diced tomatoes
- ¼ cup sliced pitted ripe olives
- 1 tsp. dried oregano, crushed
- 2 9-oz. pkg. or one 16-oz. pkg. frozen French-cut green beans, thawed and drained
- ½ cup crumbled feta cheese (2 oz.)

In a large skillet cook onion and garlic in hot olive oil about 5 minutes or until tender. Add undrained tomatoes, olives, and oregano. Bring to boiling; reduce heat. Boil gently, uncovered, for 10 minutes. Add beans. Return to boiling. Boil gently, uncovered, about 8 minutes or until desired consistency and beans are tender.

Transfer to a serving bowl; sprinkle with feta cheese. If desired, serve with a slotted spoon. Makes 6 side-dish servings.

Nutrition facts per side-dish serving: 132 cal., 7 g total fat (2 g sat. fat), 8 mg chol., 419 mg sodium, 15 g carbo., 5 g fiber, and 4 g pro. Daily Values: 9% vit. A, 32% vit. C, 11% calcium, and 8% iron.

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Prize Tested Recipes®

see page 187 for details

$200 winner Salsa Bread

Todd Hopkins, Vancouver, Wash.,
in the Best Bread Machine Loaves Category, February 2002

- 1 cup bottled chunky salsa
- ⅓ cup water
- 1 Tbsp. cooking oil
- Dash bottled hot pepper sauce
- 3 cups bread flour
- 1 Tbsp. sugar
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ¼ to ½ tsp. ground red pepper
- 2 tsp. active dry yeast or bread machine yeast

Add the ingredients to a 1½- or 2-pound loaf bread machine according to the manufacturer's directions. Select the basic white bread cycle and desired color setting. Makes 1 loaf (10 to 12 slices).

If you don't own a bread machine, you'll find conventional directions for making the bread on *page 176*.

Nutrition facts per slice: 172 cal., 2 g total fat (0 g sat. fat), 0 mg chol., 59 mg sodium, 32 g carbo., 1 g fiber, 5 g pro. Daily Values: 3% vit. A, 3% vit. C, 1% calcium, 12% iron.

PHOTOGRAPHS: KIM CORNELISON



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Win Money and Prizes

Prize Tested Recipes® (see page 183)

Your original recipe could be worth up to $400 and get you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize: GE Profile Appliances refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

September 2002 Categories: Hot and Sweet Peppers Ideas: We're looking for recipes that use hot or sweet peppers as a major ingredient. Spicy appetizers, sides, or main dishes, as well as the likes of stuffed sweet peppers are welcome.

Easy Cookies and Bars: Start from a mix or from scratch, and as long as the focus is on ease, send it in. Include anything from fruit fillings and nuts to inventive shapes or toppings.

This Month's Winners—Pages 183 and 184
$400 Winners: Dennis Miller, Hawthorne, Calif.; Gail St. Marie, Pine River, Minn. $200 Winners: Sabrina Dana, Euless, Texas; Todd Hopkins, Vancouver, Wash. $50 Honor Roll Winners: Gloria Jayne, Dalhart, Texas; Katy Bee, Westerville, Ohio; Julia Hamrick, Denver, Colo.; Lillian K. Julow, Gainesville, Fla.; Trusina Lawrence, Augusta, Ga.; Claudia Mendoza, Harlingen, Texas; Lory Montgomery, Nashville, Tenn.; Audrey Sardino, Camillus, N.Y.; Audrey Thibodeau, Gilbert, Ariz.; Jenni White, Oklahoma City, Okla.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Hot and Sweet Peppers" or "Easy Cookies and Bars." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0209 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-1023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by February 22, 2002, and received by February 28, 2002. E-mail entries must be posted by 11:59 p.m., EST, February 22, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners. ♦



Honors Student

Adding a couple of intriguing twists to a classic shortbread recipe resulted in one smart cookie.

Camilla Saulsbury had a question when she learned her cookie had won the grand prize—$5,000 worth of General Electric appliances—in our 2001 Prize Tested Recipes Contest.

"Can I give my mother the dishwasher?" asked the sociology Ph.D. student at Indiana University.

Mom's cornmeal shortbread recipe forms the tender base for these 1-inch cookies, but Camilla, 32, took it to another level by adding sage to the dough and blackberry jam in the thumbprint.

The San Francisco Bay area native has won several recipe contests since she began entering two years ago: "It's been a great creative outlet, and it literally pays on occasion, which is no small thing in grad school."

Blackberry-Sage Thumbprints
Prep: 25 minutes
Bake: 10 minutes per batch

- 2 cups all-purpose flour
- ⅔ cup yellow cornmeal
- 1½ tsp. dried sage, crushed
- ¼ tsp. baking powder
- 1 cup butter, softened
- 1 cup packed brown sugar
- 2 egg yolks
- 2 tsp. finely shredded lemon peel
- 1½ tsp. vanilla
- ¾ cup blackberry preserves

1. Preheat oven to 350° F. In a bowl combine flour, cornmeal, sage, and baking powder. Set aside.

2. In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds. Add brown sugar. Beat until combined, scraping sides of bowl occasionally. Beat in egg yolks, lemon peel, and vanilla until combined. Beat in as much flour mixture as you can with the mixer. Stir in any remaining flour mixture.

3. Shape dough into ¾-inch balls. Place 1 inch apart on an ungreased cookie sheet. Lightly press the tip of your thumb into center of each ball. Fill centers with about ¼ teaspoon of the blackberry preserves. Bake 10 minutes or until bottoms are lightly



browned. Cool on cookie sheet for 1 minute. Transfer to a wire rack; cool completely. Makes about 60.

Nutrition facts per cookie: 115 cal., 5 g total fat (3 g sat. fat), 24 mg chol., 57 mg sodium, 16 g carbo., 0 g fiber, 1 g pro. Daily Values: 4% vit. A, 1% vit. C, 1% calcium, 3% iron. ♦

LENOX

Light of Peace Votive

by

THOMAS KINKADE



A storm coming off the sea reveals nature's fierce spirit. Yet more awe-inspiring are the moments after the fury is spent. Then silence reigns, and a sense of calm is restored to the land, the seas and the skies.

This is the time captured forever in the *Light of Peace Votive*, the first Lenox work to be inspired by the art of Thomas Kinkade. Known as the "Painter of Light," Kinkade possesses a mastery of color and light that is remarkable. So much so that he stands as America's most collected living artist.

In the *Light of Peace Votive*, a stately lighthouse stands watch as the clouds part and soft light filters down from the heavens. A sculpted wave with a pearlescent glaze will provide dramatic effect. A wave design, pierced through the china, encircles the votive. And the rim gleams with accents of pure 24 karat gold.



Votive shown smaller than actual size. Height: 5 3/4". Candle not provi

© 2000 Thomas Kinkade, Media Arts Group, Inc., San Jose,

PREMIER ISSUE

The *Light of Peace Votive* inaugurates a collection of Lenox fine china pieces inspired by the artwork of Thomas Kinkade. The price of this premier issue is $48, payable in monthly installments. Each votive is accompanied by a Certificate of Authenticity and bears the Lenox® hallmark of quality.

To bring the beauty of this imported fine china votive into your home, simply complete and mail the attached Order Form.



The sculptural wave brings added dimension to Kinkade's art.

Visit us at: www.LenoxCollections.com

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Vase shown smaller than actual size. Height: 9¾"

LENOX

The Gold

TRELLIS VASE

Hand painted with an original design created by Pearle Kamp Parsells

Sunlight streaming into a secluded garden illuminates the beauty of each petal, each leaf. Butterflies and bumblebees bask in the glow, exploring every corner of the garden.

Award-winning artist Pearle Kamp Parsells has created these garden images exclusively for *The Gold Trellis Vase* from Lenox. Her portraits of lilacs, magnolias, hydrangeas, tulips, and more fill a trellis design of pure 24 karat gold. Her art will be hand painted onto each vase by skilled artisans reproducing every fine brush stroke of the original.

PREMIER ISSUE

The Gold Trellis Vase inaugurates a collection of floral home accents by Pearle Kamp Parsells. Available from Lenox at just $58.50, this imported glass vase will bear a remarque created by the artist and will be issued with a Lenox® Certificate of Authenticity.

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there's something about dairy

Low-fat dairy products added to a healthy, balanced diet just might lower your cholesterol and blood pressure, and prevent unwanted weight gain.

Adding some light dairy products to a smart diet was first seen as a way to lower blood pressure. Then researchers recognized a bounty of additional benefits.

Rewards of the DASH (Dietary Approaches to Stop Hypertension) plan—based on a diet rich in low-fat dairy foods, whole grains, fruits, and vegetables—include the expected drop in blood pressure. As a bonus, the plan also improved levels of cholesterol and homocysteine, which is a possible risk factor for heart disease and stroke. The DASH diet may also help you stay lean, according to University of Tennessee (UT) studies.

Researchers, supported by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health, have been looking at diet and its impact on health. But there are still questions about where all the DASH benefits come from.

"With dairy you have increased protein, riboflavin, and calcium. You can't key out what did the job. Any of those components of dairy may have contributed to the blood-pressure effect," says Eva Obarzanek, Ph.D., research nutritionist with the NHLBI.

The svelte factor may be linked to the calcium in dairy products, says UT's Michael Zemel, Ph.D. Lack of calcium triggers the production of calcium-preserving hormones. Unfortunately these hormones prevent your body from breaking down fat, plus they stimulate the production of more fat, Zemel says. Non-dairy sources of calcium, such as white beans and broccoli, also may fight fat, "but factors in dairy products besides calcium markedly enhance this effect. We have not yet identified the factors," he says.

continued on page 192

Catching up on calcium

While dairy products are packed with calcium, you can get it from other sources too. In fact, consuming a variety of healthy foods is the key to meeting your needs, says Cindy Moore, registered dietitian and spokesperson for the American Dietetic Association. Soy products—including soy milk, soy yogurt, tofu, soybeans, and soynuts—are rich sources of calcium. Check the nutrition facts label for calcium content, Moore advises. Other sources for this vital nutrient:

- Almonds and other nuts
- Dry beans
- Broccoli
- Calcium-fortified orange juice
- Figs
- Greens, such as kale, bok choy, collard, and turnip greens
- Ready-to-eat cereals
- Rice milk
- Canned sardines

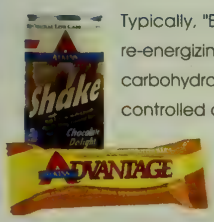
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continued from page 190



There are plenty of heart-healthy benefits in the dairy-vegetable duo of these 30-minute scrumptious chowders.

Curried Sweet Potato Chowder
Start to finish: 30 minutes

- 2 tsp. butter or margarine
- ⅓ cup minced shallot (1 large)
- 1⅓ cups ½-inch cubes sweet potatoes
- ½ tsp. curry powder
- 1 Tbsp. flour
- 1½ cups fat-free milk
- ½ cup fat-free half-and-half
- 1 cup frozen baby peas
- 4 tsp. curried pumpkin seeds or pumpkin seeds

1. In a saucepan melt butter. Add shallot and sweet potato. Cook and stir over medium heat 2 minutes. Sprinkle in curry powder and stir 30 seconds. Stir in flour. Gradually stir in milk until smooth. Add half-and-half and peas; add *salt* and *pepper* to taste.

2. Cover and simmer 15 minutes or until potatoes are tender.

3. Spoon soup into four bowls. Sprinkle 1 teaspoon curried pumpkin seeds on each. Serve with crackers, if desired. Makes 4 side-dish servings.

Nutrition facts per serving: 173 cal., 3 g total fat (0 g sat. fat), 2 mg chol., 293 mg sodium, 28 g carbo., 4 g fiber, 8 g pro. Daily Values: 0% vit. A, 22% vit. C, 16% calcium, 9% iron.

Salmon Confetti Chowder
Start to finish: 25 minutes

- 2 cups frozen pepper stir-fry vegetables (yellow, green, and red peppers and onion)
- 2 Tbsp. minced seeded jalapeño pepper
- 1 Tbsp. butter or margarine
- 2 Tbsp. flour
- 2 cups fat-free milk
- 1 cup fat-free half-and-half
- 2 cups refrigerated diced potatoes with onions
- 1 15-oz. can salmon, drained and flaked
- ¼ cup snipped watercress
- ½ tsp. finely shredded lemon peel
- ½ tsp. salt
- ½ tsp. pepper

1. In a large saucepan cook stir-fry vegetables and jalapeño in hot butter for 3 to 5 minutes or until tender. Stir in flour. Stir in milk and half-and-half. Cook and stir until slightly thickened. Cook and stir 2 minutes more.

2. Stir in potatoes, salmon, watercress, lemon peel, salt, and pepper. Cook and stir until heated through. Makes 4 main-dish servings.

Nutrition facts per serving: 349 cal., 10 g total fat (2 g sat. fat), 61 mg chol., 1,174 mg sodium, 33 g carbo., 3 g fiber, 29 g pro. Daily Values: 0% vit. A, 25% vit. C, 42% calcium, 8% iron.

Dine and DASH

The heart-healthy DASH eating plan (see story, *page 190*) includes the following diet:

Grains	7 to 8 servings / day
Vegetables	4 to 5 servings / day
Fruits	4 to 5 servings / day
Low-fat or fat-free dairy	2 to 3 servings / day
Meat/Fish/Poultry	2 or less servings / day
Nuts, seeds, dry beans	4 to 5 servings / week
Fats and oils	2 to 3 servings / day
Sweets	5 servings / week

For a brochure detailing the DASH diet—with sample menus—call the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health, 301/592-8573. The information also is available at the NHLBI Internet site at www.nhlbi.nih.gov/hbp/prevent/h_eating/h_eating.htm.

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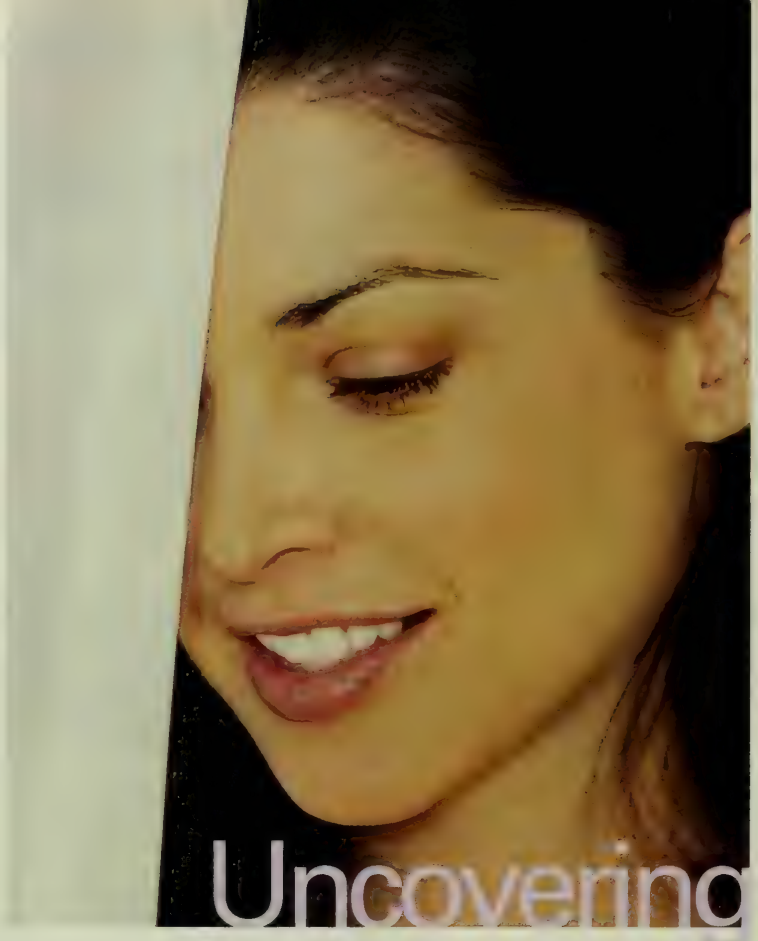
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Uncovering Beauty

Inspired to show a "new you" to the world? Here's the gloss on banishing worry lines and wrinkles from your face.

by Anita Smith

So your face shows "character." Those laugh lines, which aren't so amusing, are deepening. A few wrinkles—perhaps a dry patch or a brown spot here and there—lightly document sun worship. Over-the-counter creams and lotions no longer smooth "worry" furrows to satisfaction.

Like anyone in the prime of life, you've earned your stripes, but don't want them on your face. Dermatologists offer convenient options, such as creams or "power peels" that rejuvenate skin. Plastic surgeons, as well as dermatologists, also work wonders with more costly resurfacing procedures that expose youthful-looking skin. These treatments include removing layers of skin with a chemical solution, a spinning brush, or a laser. But before taking action, consider the cost to your wallet and time.

Turn back the clock without surgery or downtime

Skin polishers. Your dermatologist can make tired, dull-looking skin look fresh with gentle creams containing alpha hydroxy acids (AHAs), which are naturally occurring compounds derived from fruit and dairy products. Common AHAs include glycolic acid and lactic acid. Other topical treatments use "antioxidants," such as Vitamins A, E, and C. Retinoic acid, or Tretinoin, is a vitamin A acid often used to treat sun-damaged skin.

These "skin polishers" or "superficial peels" may plump up fine lines, even out skin tone and texture, and stimulate production of collagen (a fibrous protein that helps to keep skin looking smooth). Treatments repeated over several months cost a few hundred dollars.

Power peel. If you're willing to spring for six lengthy "lunch hours," one every week or two, go for the "power peel," or microdermabrasion. This popular skin-buffing procedure, also known as a "derma peel" or "lunchtime peel," will make your complexion glow. The doctor uses a wandlike handpiece—it operates somewhat like a gentle sandblaster—to spray fine crystals against the skin at high speed. The outermost layer of skin is swept clean of dead cells, which are vacuumed away. Microdermabrasion also may help with

continued on page 196



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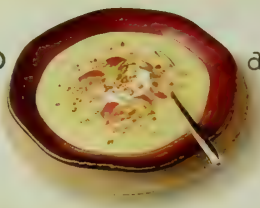
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Uncovering Beauty

continued from page 194

blotchy pigmentation, fine wrinkling, scaly skin, and even shallow acne scars.

This lunch break totals $150–$200 per session. But it won't cost you a day off. You're back to work afterward with no telltale signs. (See charts *right* and on *page 197* for more invasive treatments that require anesthetic and healing time.)

Botox. If you're hiding furrows under bangs, you may be a candidate for Botox (botulinum toxin). This purified protein toxin is injected with fine needles directly into small facial muscles, creating a temporary paralyzing effect that relaxes expression lines, especially on the forehead, between the eyebrows, and at the corners of the eyes. Collagen, fat, and hyaluronic acid gel (a natural

TREATMENT	INFORMATION
Deep Chemical Peel	Improves sun-damaged skin, roughness, wrinkles, and blotchiness or brown spots. Stimulates collagen production. **Cost:** $4,000 – $5,000 (including operating room and anesthesia). **Surgical procedure:** Involves using a chemical solution (including powerful acids) to dissolve outer skin layers. A deep chemical peel is not for everyone. Carefully interview your doctor. Inquire about the healing time. Ask about the types chemicals to be used, how their strength will be controlled, and about complications, such as skin burns, that could occur. **Anesthetic:** Anesthesia, painkillers. **Healing:** Pain, swelling, extreme pinkness or redness, crusting, and scabbing. Recovery from a full-face deep chemical peel usually takes weeks.
Dermabrasion	Also called "sanding the skin." Improves irregularly textured skin, including scars caused by acne, injuries, or surgery. Sometimes used in addition to scar revision or chemical peel. **Cost:** $1,500–$2,500. **Surgical procedure:** Involves using an abrasive wheel or wire brush to remove skin layers. Dermabrasion can be bloody. Ask questions. Care must be taken to avoid more scarring as a result of dermabrasion. **Anesthetic:** Light anesthesia, at least. **Healing:** Considerable redness afterward. You will need a couple of weeks for initial recovery, maybe longer.

TREATMENT	INFORMATION
Laser Skin Resurfacing	Used to deal with wrinkles, roughened surface texture, and blotchiness. Stimulates collagen production and creates collagen tightening. **Cost:** $4,500 – $6,000 (full-facial laser resurfacing requiring anesthesia). **Procedure:** Damaged skin layers are vaporized by brief pulses of high-intensity light emitted from a laser, usually a carbon dioxide (CO_2) laser or erbium laser. This is bloodless surgery. The laser's precision helps gauge accurately how much skin is being removed. Ask about your doctor's laser training and experience and the type of laser used. **Anesthetic:** Full facial laser requires anesthesia. **Healing:** Skin will be tender, swollen, very pink or red; treat it as a wound. Allow a week to 10 days to recuperate. Expect your skin to be red for weeks.
Laser Toning	Also called "photopeel." Makes skin glow. Firms up collagen over time. **Cost:** Hundreds of dollars. **Procedure:** Using gentle laser and light energy on the skin. Unlike deep laser skin resurfacing, these lighter procedures don't remove skin from the surface and don't create skin wounds. Some doctors recommend you have four or five of these treatments in a series, spaced a month or so apart. Some doctors believe in the long-term positive effects of gentler laser procedures. Others, however, feel the jury is still out and don't offer them. **Anesthetic:** Topical anesthetic; cream at most. **Healing:** Suffer little redness. No downtime.

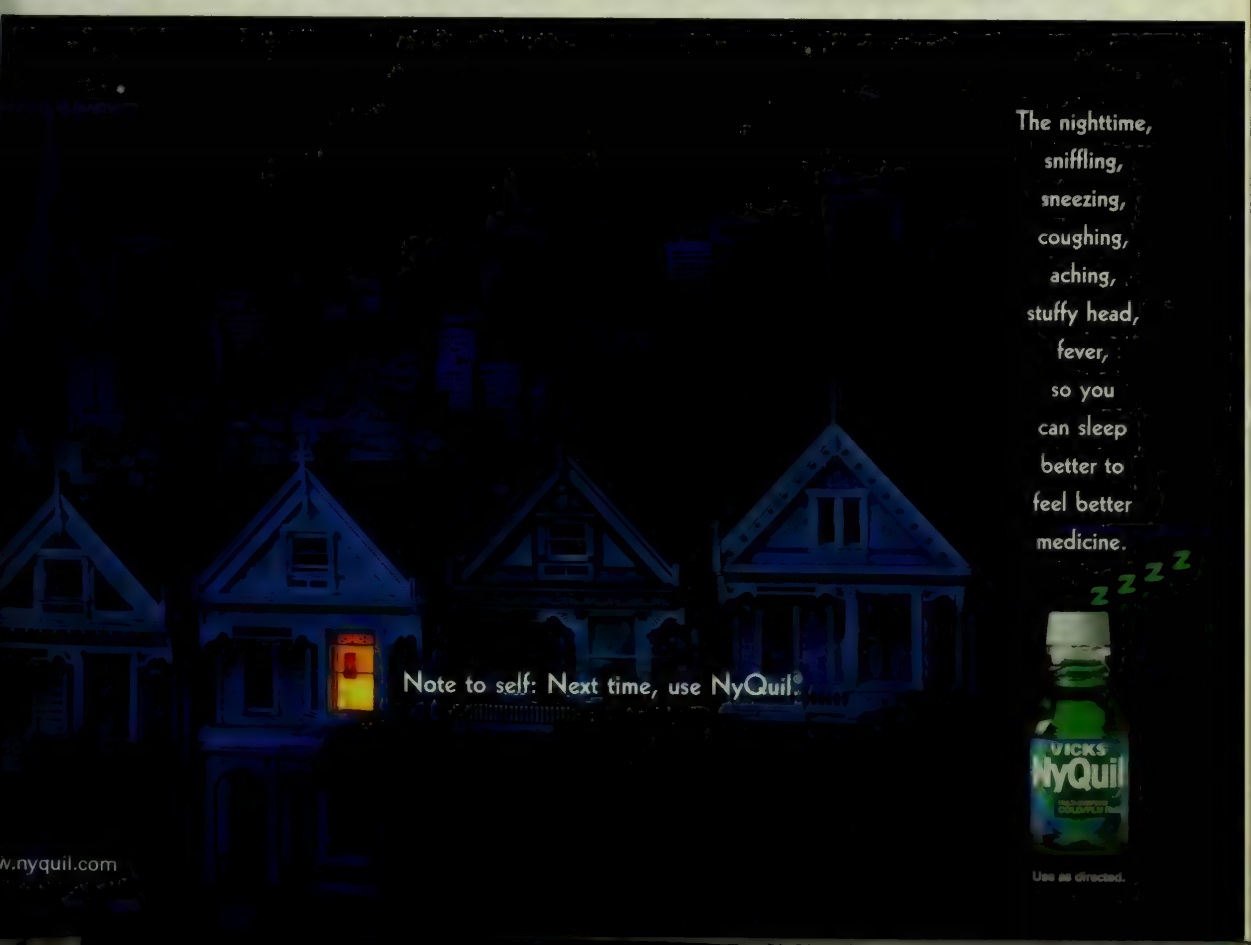
substance found in abundance in young skin) also can be injected into the skin as temporary "fillers" for wrinkles, pock marks, or acne scars.

These injections do not treat damaged skin and do not produce long-term benefits. Expect to repeat the procedure—and spend $250–$500 per visit—every few months to maintain results.

Questions to ask

Think through your decision carefully, says cosmetic dermatologist Tina S. Alster, M.D., founding director of the Washington (D.C.) Institute of Dermatologic Laser Surgery and a member of the clinical faculty at Georgetown Medical School, and plastic surgeon David B. Apfelberg, M.D., who serves on the plastic surgery clinical faculty at Stanford University Medical Center.

continued on page 198



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Uncovering Beauty

continued from page 197



- Is the procedure you're considering right for what you want to accomplish? To reduce wrinkling, skin resurfacing procedures, such as laser resurfacing or chemical peels, are appropriate. "People need to understand that skin resurfacing procedures do not help the sagging, loose skin that people have in the jowls, in the neck—the so-called double chin," says Apfelberg. "Also, skin resurfacing procedures do not take away bags under the eyes, the hooding of the eyelids." To address these concerns, you'll need cosmetic surgery, such as face-lift, liposuction, forehead-lift, or eyelid-lift.
- Are you educated about the procedure? Research thoroughly.
- Is this the right time?
- Is the cost of the procedure worth it?
- Is the recovery period acceptable?
- Is the procedure your own idea, and not someone else's?

Select a qualified doctor

If you're confident about your decision, then be sure your doctor is up to the task. Alster and Apfelberg suggest this checklist.

- Is the doctor board-certified in the specialty?
- Where did the doctor train, and is the institution accredited?
- Does the doctor have experience in the procedure?
- If you're having a procedure that involves a "cutting-edge" technique, such as a laser treatment, does the doctor have adequate

training? Be cautious if the doctor has taken only weekend coursework in laser technique and has little experience using the equipment. Ask whether the doctor rents laser equipment. You're in better hands if the doctor owns it and has a staff accustomed to using it.

- Will the doctor show you before and after photographs of patients he or she has treated?
- Is the doctor willing to discuss in detail complications that he or she has seen? Who would be financially responsible for further treatments or repair should complications occur?
- Check out the facility and the staff where you will undergo treatment. Does the doctor have privileges to do this procedure at the local hospital? Make sure you know about its credentials and reputation. If you are undergoing a procedure in a doctor's office or outpatient care center, be sure it is certified by a responsible entity. Ask about the credentials of the person who will give you anesthesia.
- Will the doctor give you details about how follow-up treatment is handled? Are you ensured access to the doctor and staff? If the doctor plans to be out of town soon after your procedure, who will coordinate your follow-up care?

Before seeking the beauty that lies beneath, rely on your brains as much as your mirror to make a decision. Take a little time to weigh your options. After all, nobody ages overnight.

RESOURCES

These organizations offer information on skin enhancement treatments and guidance on locating qualified physicians trained to perform cosmetic skin procedures.

American Society for Dermatologic Surgery
800/441-2737, www.asds-net.org

American Society for Aesthetic Plastic Surgery
888/272-7711, www.surgery.org

American Board of Facial Plastic and Reconstructive Surgery
703/549-3223, www.abfprs.org

American Society for Laser Medicine & Surgery
www.aslms.org



Solve the Health-Care Maze

Finding solutions to health-care dilemmas challenges older adults and their children. Here are some resources to put you on a positive path.

- Administration on Aging (202/619-7501, www.aoa.dhhs.gov): information about positive health practices, disease prevention, caregiving. Also, referrals to health professionals.
- American Association of Homes and Services for the Aging (202/783-2242, www.aahsa.org): listing more than 5,600 nonprofit nursing homes, retirement communities, and assisted living and senior housing facilities.
- American Health Care Association: (202/842-4444, www.ahca.org): nonprofit and for-profit assisted living and nursing facilities.
- The Consumer Consortium on Assisted Living (703/533-8121, www.ccal.org): information about rights of assisted living residents.
- Caregiving Online (www.caregiving.com): Internet support service for family caregivers.
- Eldercare Locator (800/677-1116): assistance with finding local services, such as home-delivered meals, transportation, housing, adult day care, and home-health services.
- ElderWeb (www.elderweb.com): links to information about medical, legal, financial, and housing issues.
- Kansas Elder Law Network (KELN.org): site for senior citizens and their advocates (some information useful for people in other states).
- National Council On Aging (202/479-1200, www.ncoa.org): information about senior centers, adult day care, housing, and health centers.





NO MORE 24/7

"All day, all night, every week—service guaranteed." Our society goes non stop. No wonder millions of American get up tired and fall into bed exhausted! Here are simple lifestyle strategies to prevent fatigue.

Energize your morning with a healthy breakfast. Smaller, more frequent meals stabilize blood sugar levels.

Resist sugar-loaded foods, which cause blood sugar levels to spike dramatically then drop. This can leave you feeling irritable or droopy.

Lay off fat-laden meals to keep your mind sharp. Fats stay in your stomach longer, diverting blood away from your brain, muscles, and other tissues. You may feel sluggish for up to six hours.

Drink twice as much water as it takes to quench your thirst. Mild dehydration lowers concentration, and your heart has to pump harder to achieve the energy needed for normal metabolism.

Perk up with a brisk 10-minute walk.

Sit up straight. Your mom was right! Poor posture strains your back and hips, causing you to feel tired and achy.

Skip the late-late movie. Always go to bed and wake up at consistent times. Interrupted sleep patterns can impair memory and raise stress levels.

Life need not be an anxious high-wire act. Balance personal and work responsibilities. Stay grounded by taking stock of what you value: family, friends, and health.—Katherine Reardon, R.N., M.S.

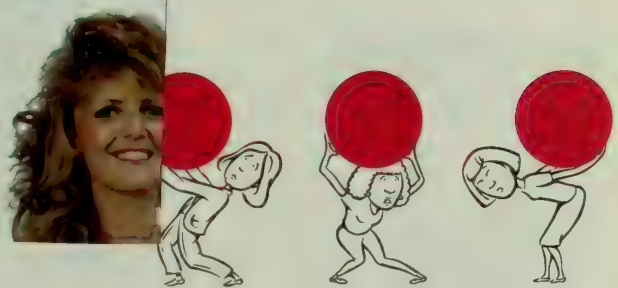
continued on page 202

Talk to your doctor about taking extra calcium if you're using Depo Provera for birth control. This medication has been associated with a slight decrease in the calcium stored in bones, which can put you at risk for developing osteoporosis.

ıntal Legrand reveals:

low I lost 54 poun
ieting or medicati
han 6 weeks!

nd since I haven't gained
sinale ounce back!)
n Control Your Life





Or You Can Control Them

A simple 30-minute treatment can relieve the problem of difficult-to-manage, heavy periods

Menorrhagia (men-or-ah-jza) is defined as excessive menstrual bleeding. More than 1 in 5 women around the world suffer with it. Yet, half of the women in the United States who experience menorrhagia don't seek treatment. Perhaps that's because they don't know about a simple treatment that has been proven to reduce their menstrual flow by 86% on average.

GYNECARE THERMACHOICE UTERINE BALLOON THERAPY treats the lining of the uterus. Studies show that it is a safe and effective treatment for an overwhelming majority of women. In fact, 96% of women remain satisfied with the results from the therapy after 3 years. It is a one-time treatment that only takes 30 minutes and requires no hospital stay. And, in most cases, women return to work or family commitments the next day. Like all medical procedures, use of **THERMACHOICE** involves risks. Ask your doctor if this treatment option is right for you.

1-888-GYNECARE

vw.ControlHeavyPeriods.com

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THERMACHOICE
Take Control of Heavy Periods



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continued from page 200



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"All day, all night, every week—service

-Care Maze

242, www.aahsa.org): listing more
an 5,600 nonprofit nursing homes,
tirement communities, and assisted
ing and senior housing facilities.

TV UNPLUGGED

Give peace a chance—toss aside the remote control. Kids who cut back on TV and video games decrease verbal aggression (teasing, threatening, or taunting) by 50 percent and combativeness by 40 percent, according to a landmark Stanford University study led by Thomas Robinson, M.D. Other studies suggest that children exposed to violent media may view aggression as an acceptable way to resolve conflicts.

Tune out negative images as much as possible. TV-Turnoff Network, a nonprofit organization, suggests keeping the television off during meals and out of your child's bedroom, where it's a distraction from homework and thinking. Avoid using the television to reward, punish, or babysit. Set time limits on viewing. Cancel your cable service and buy books or games instead.

For ideas on moderating your child's TV diet, call 202/518-5556 or log on to www.tvturnoff.org.



Baby's Dental Care—Sooner, Not Later

Get your child's dental health off to an early start, and both of you will hav lots to smile about later—great checkups.

Although you may think of candy as the main culprit in harming teeth, eve "good" foods—milk, fruit juices, and formulas—have sugars that break dow and cause decay-producing acid. Here are tips to prevent damage.

- Take action before your infant has teeth. Wipe off the gums with gauze o a washcloth moistened with water after each feeding.
- Use a soft-bristled, child-sized toothbrush with water when your child's firs tooth appears.
- Consider weaning your child from the bottle by his or her first birthday.
- Take your child to the dentist by his or her first birthday, advises Mary Hayes D.D.S., and spokesperson for the American Academy of Pediatric Dentistry
- Help with brushing and flossing until your child is old enough to do it alone
- Ask your dentist about fluoride and sealants for prevention, and when to star using toothpaste.

Attitudes and habits established at an early age are critical in maintainin good oral health throughout life, says Kimberly Harms, D.D.S., and Amer ican Dental Association consumer advisor. Set a good example. To motivat small children, use your toothbrush at the same time. Encourage your littl ones to brush thoroughly—by "catching all the sugar bugs" hiding in thei teeth. For older kids, try incentives. For instance, put stars or colorful sticker on a chart for every time they brush.

If you have questions, talk with your dentist or check out these Web sites

- American Dental Association (www.ada.org).
- American Academy of Pediatric Dentistry (www.aapd.org).
- Animated-Teeth.com (www.animated-teeth.com) shows how pearly white get their gleam, how to test for bad breath, and how dental treatments (such as wisdom teeth removal and root canals) are done.—Elaine Cooper, R.N.

Dote on your teeth and gums to give your heart tender loving care. Regular brush ing and flossing help reduce your chances of developing gum disease—and possibly heart problems. "There is growing evidence of a specific link between periodonta infection and heart disease," says Robert Genco, D.D.S., and chairman of the Department of Oral Biology at the University of Buffalo School of Dental Medicine Genco is studying the connection between the treatment of gum disease and decreasing subsequent heart attacks in cardiac patients.

ıntal Legrand reveals:

ow I lost 54 pounds without ieting or medication in less han 6 weeks!

nd since I haven't gained single ounce back!)

ryone in my family is to gain weight ly. And I'm certainly xception to that rule!

ft my parents' home at the e of 22 and moved into a apartment near work. As I iving alone for the first time, d close attention to what I ating. Especially because of ffects of my mother's good ng were starting to appear y figure! At home, I made meals along the lines of yo- apples and grains. From time ne, I'd make a treat, such as friends came over for din- Still, I was able to maintain deal weight.

tendency to gain ght got hold of me!

ot married at 25, and was ex- ng my first child a year later... s always hungry and so, to e my conscience, I'd say "Go l, you're eating for two now!" d cook elaborate meals for my and and, because he came for lunch during the week, we having two large meals a day. course, after eating at that I began to gain weight! Even my child was born, I contin- gain instead of losing weight a rate of about 2 pounds each h.

is turn of events didn't put me articularly good mood, and my nd kept telling me "Just eat f gaining weight upsets you so ." But how can someone re- uch delicious good food? I ln't persuade myself to cut And because I was staying at to care for my little girl, I was antly tempted to snack be- n meals. A cookie here, a bit eese there. And I continued to weight.

n I started trying everything, except...

Discouraged, I started trying all the tricks, appetite suppressants, creams, diets and medications. Fads came and went and I had spent a fortune with no result. Sometimes I managed to lose 5-6 pounds, but after having stopped, I would gain back what I had lost, and sometimes even more. The situation was almost comical.

The situation stopped being funny when I reached the shocking weight of 174 pounds (I'm 5'2")—more than pleasantly plump. I was depressed and I didn't know how to lose the excess weight that was spoiling my life...

I wanted to try this famous weight-loss plan that everyone is talking about...

I had read surprising articles in many newspapers about a plan that really helped people lose weight who hadn't had any success before. I read the story of a young woman in whom I recognized a little bit of myself. Just like me, she had gained a lot of weight during and after pregnancy. But thanks to this plan, she managed to lose 35 pounds in 4 weeks...

However, as I was pretty skeptical of all these kinds of weight-loss plans and treatments, I only half-believed that *this* plan would work. In any event, I wasn't risking anything by trying the plan, because I would be refunded if I didn't get the results I wanted.

So I ordered the weight-loss plan. I was so surprised when I received the package! It was as if this plant extracts weight-loss plan was created especially for me! I could lose weight while still eating the way I wanted. Fantastic! I couldn't see myself following a strict diet while cooking normally for my family. I had some trouble believing — it seemed really too good to be true!



"After I had lost more than 54 pounds due to this natural treatment and without starving at all, it was one of the best moments in my life...



... I can hardly believe that I looked like this not too long ago. Today I hardly recognize myself."

After the first day, I lost 2 pounds!

The next day I started the 16-plant weight-loss plan. It was on my daughter's birthday —she was two years old— and we had invited some friends over for lunch. I had prepared a delicious meal and, for dessert, a huge cream cake. I wasn't about to deprive myself of all that! So I ate along with the others, and yet, when I weighed myself the next day on the bathroom scale, I had lost 2 pounds! It was unbelievable! And very encouraging!

The way my weight loss corresponded to the woman's story in the newspaper article was very surprising! She had said that she lost 8 to 10 pounds per week, on average, and that was the case for me!

Already 9 pounds in one short week

I was stunned to see how I'd lost weight so quickly. So I followed the weight-loss plan very carefully... It was very simple: every morning, afternoon and evening, I took the amount indicated of plant macerat before each meal, and then I ate normally and went about my normal daily routine.

The pounds started to melt away and in one week, I lost more than 9 pounds. And even better, because I didn't have to change my habits, I could eat anything I wanted.

(Please, turn over...)

GHT © 2001 IMPORTANT NOTICE: CONSULT YOUR DOCTOR FIRST BEFORE FOLLOWING ANY WEIGHT LOSS PLAN, ESPECIALLY IF YOU HAVE HIGH BLOOD PRESSURE, IF YOU ARE PREGNANT OR BREAST FEEDING OR ON MEDICATION FOR HEART ON. WHEN YOU ORDER, YOU WILL RECEIVE A COMPLETE WEIGHT LOSS PLAN TO FOLLOW. THIS WEIGHT LOSS PLAN IS NOT INTENDED TO TREAT, DIAGNOSE, CARE OR PREVENT ANY DISEASE. STATEMENTS HAVE NOT BEEN EVALUATED BY THE F.D.A.

My husband was thrilled to see me lose weight so quickly!

After that, everything happened quickly. I weighed myself every two days and each time I saw that I was still losing weight! Furthermore, my clothes were starting to really be too big. Two weeks later, I had reached 154 pounds. My husband couldn't believe his eyes. He saw me eat normally every day and yet he could see the weight loss for himself! I showed him my "secret" and he thought it was just extraordinary.

The third week, I lost no less than 13 pounds!

That's the week when I lost the most weight. I couldn't get over it. What's more, because I wasn't on a diet, I was still in great shape! I wasn't tired from losing all that weight. Quite the opposite, I felt invigorated!

I continued to follow the weight-loss plan steadily. The hardest part was those last few pounds. But after only 6 weeks, I had reached the weight that I wanted--that is, 120 pounds. I had lost 54 pounds in a month and a half.

For me, this was a miracle!

The first person to be thrilled with these results was my husband. He's taken a renewed romantic interest in me... He often takes me in his arms and shows me how much he loves my body. He's at least as proud of my accomplishments as I am.

As far as I'm concerned, I've overcome a hardship and regained a certain zest for life. I often catch myself humming happily when I'm working around the house. It's been quite a long time since that's happened to me!

And even more surprising is the fact that I haven't regained a single ounce since starting the weight-loss plan. My weight has stabilized at what really is my ideal weight of 120 pounds. And I can still eat whatever I want without any danger of gaining the weight back.

It's possible for you to lose 8 to 10 pounds per week!

By following the simple instructions for the weight-loss plan, just as I did, you will start to lose weight immediately. You could lose 8 to 10 pounds per week, easily, just until you attain your ideal weight. And you won't gain the weight back afterwards, because your weight will have reached its equilibrium. You'll remain thin, and no one will believe you ever had any problem with your weight before. You'll be proud of your figure and you'll see how that improves your overall mood. You'll be more joyful, more sure of yourself— like you're ready to climb mountains!

And you won't suffer from any of the "snacking emergencies" that are the number one enemy of people obsessed with dieting. There's really a new life that begins when you're thin.

Chantal Legrand ■



Here are the 16 plants that make you lose weight.

"some people have lost 13 pounds the first week

Question: How can some plants help people lose weight while they still eat normally?

Answer: Recent experiments have shown that the extract of the 16 plants, when combined together, can reverse the effect of calories. In other words, instead of transforming calories into fat, the calories are instead consumed and eliminated by natural means. This combination of plant extracts constitutes a weight-loss plan that facilitates what is probably the fastest weight loss ever observed from an entirely natural treatment.

Question: Who should use this 16-plant weight-loss plan?

Answer: Anyone who has a real weight problem —10 pounds or more to lose — and who has tried to lose weight with diets or who haven't received stable results with medication or other treatments.
The plan is also suitable for anyone who cannot—or does not want to —stop eating normally.

Question: Do people lose weight quickly?

Answer: In principle, yes, very quickly. In the first 2 or 3 weeks, you can obtain significant weight loss.
Very often, people lose 9 to 13 pounds in the first week.

Question: How does the plan work? Does it require a lot of willpower?

Answer: The complete weight-loss plan consists of two vials of plant macerat. Before each meal, mix one drop of extract for every 2 pounds you want to lose in a large glass of water. For example, if you are 5'3", you ideal weight is 110 pounds. If you weigh 140 pounds and you want to lose 30 pounds, drink 15 drops of each vial with a large glass of water before breakfast, lunch and dinner.
As you'll see, unlike other methods or diets you might have tried, you can continue to eat normally. There are no restrictions, and because of this, failure to achieve and maintain your desired weight is practically impossible.In effect, this weight-loss plan requires

- No special effort
- No dieting
- No strenuous exercise

Question: What plants are used?

Answer: The weight-loss plant is co posed of the extracts of 16 different plan each with their own specific effects. In oth words, each affects different part of the bo Some are diuretics while others, such cardamom, act on the body's reserves stored fat, transforming them into energ ing sugars.

Question: What evidence proves that maintain my ideal weight after havi lost the excess pounds?

Answer: As you've seen for yourself, soon as you stop a diet or stop taki weight-loss medication, the lost poun come back very quickly.
But with this weight-loss plan, the proce is reversed. Not only will you lose weig but you'll gently change your metabolis Any worries about regaining lost weig evaporate when you realize that yo body's ability to process and transfo calories. You'll have the metabolism of o of those people who can eat all they wa without gaining an ounce.
If you have 10, 20, 30 or even 40 poun to lose, you can be assured of reachi your ideal with this revolutionary weig loss plan. You'll have a balanced metab lism, a figure you're proud of, and a ne sense of happiness with life. All this is gu anteed, or you have nothing to pay.

WEIGHT LOSS GUARANTEED (money back): If you don't lose betwe 20lbs and 30lbs within 30 days aft receipt, return the vials with the pla extracts – even if they are empty – for prompt and full refund of your order. N questions. No conditions.
IMPORTANT: During this introductory off our supply is limited. The laboratory pr ducing this weight-loss plan based on plant extracts will take at least three wee for the next delivery. Orders will be fill on a first come, first served basis.To avo waiting periods send us your order toda

Take advantage of this risk-free offer

To order the 16 Plant Macerat Weight-Lo Plan for an unconditional risk-free tri please send the original of the coupo below today to: PLANT MACERAT, Nor American Head Office, 1265 Morningsi Avenue, Suite 109-209, Dept. PMU58 Toronto, Ontario, M1B 3V9, CANADA.

Credit card orders call toll-free: 1-866-726-9604.

WEIGHT LOSS COUPON

Please mail the original of this coupon today to:

PLANT MACERAT, North American Head Office, 1265 Morningside Avenue, Suite 109-209, Dept. PMU586 Toronto, Ontario, M1B 3V9, CANADA.
(IMPORTANT: Please affix 2 stamps on your envelope)

Yes, I want to lose weight quickly and naturally. Please send me the following 16 Plant Macerat Weight-Loss Plan. I understand that if I'm not totally satisfied with the results obtained I may return the empty bottles for a complete refund.

❒ I wish to lose less than 20 pounds. Please send me the trial weight-loss plan (2 bottles: 3 to 5 week plan) for $29.95 + $4.05 for special handling and first-class shipping, for a total of $34.

❒ I wish to lose between 20 and 35 pounds. Please send me the standard weight-loss plan (4 bottles: 5 to 8 week plan) for $49.95 + $6.05 for special handling and first-class shipping, for a total of $56.

❒ I wish to lose between 35 and 50 pounds. Please send me the intensive weight-loss plan (6 bottles: 8 to 11 week plan) for $8 $8.05 for special handling and first-class shipping, for a total

Make your ❒ check or ❒ money order payable to: PLANT MACERAT

Charge my credit card ❒ Mastercard ❒ VISA

Card number:_____

Expiry Date: /_/_/ /_/_/ Signature:

❒ Mr ❒ Miss ❒ Mrs ❒ Ms (Please print)

First name _____

Last name_____

Address_____

City/Town: _____

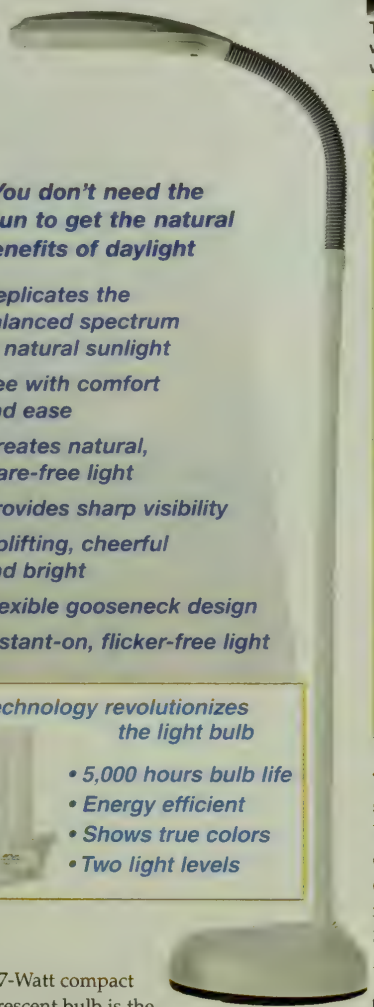
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Lighting Technology **Breakthrough**

floor lamp that spreads unshine all over a room

HappyEyes™ Floor Lamp brings the benefits of natural light indoors for glare-free lighting that's perfect for ariety of indoor activities.





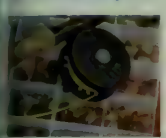
The HappyEyes™ Floor Lamp will change the way you see and feel about your living or work spaces.

You don't need the Sun to get the natural benefits of daylight

- Replicates the balanced spectrum of natural sunlight
- See with comfort and ease
- Creates natural, glare-free light
- Provides sharp visibility
- Uplifting, cheerful and bright
- Flexible gooseneck design
- Instant-on, flicker-free light

ver since the first human went into a dark cave and built a fire, people have realized the importance of proper door lighting. Unfortunately, since Edison vented the light bulb, lighting technology is remained relatively prehistoric. Modern ght fixtures do little to combat many mptoms of improper lighting, such as e strain, dryness or burning. As more id more of us spend longer hours in front a computer monitor, the results are compounded. And the effects of indoor lighting are not necessarily limited to physical well being. Many people believe that the quantity and quality of light can play a part in one's mood and work performance. Now Verilux®, a leader in healthy lighting since 1956 has developed a better way to bring the positive benefits of natural sunlight indoors.

lse the lappyEyes™ loor Lamp...



.for hobbies...



.for reading...



.for working...



..and when you eed a good source f light for close-up asks.

The HappyEyes™ Floor Lamp will change the way you see and feel about your living or work spaces. Studies show that sunshine can lift your mood and your energy levels, but as we all know the sun, unfortunately, does not lways shine. So to bring the benefits of atural daylight indoors, Verilux, The Healthy Lighting Company™, created the HappyEyes Floor Lamp that simulates he balanced spectrum of daylight. You will see with more comfort and ease as his lamp provides sharp visibility for lose tasks and reduces eyestrain.

Technology revolutionizes the light bulb

- 5,000 hours bulb life
- Energy efficient
- Shows true colors
- Two light levels

Its 27-Watt compact fluorescent bulb is the equivalent to a 150-Watt ordinary light bulb. This makes it perfect for activities such as reading, writing, sewing and needlepoint, and especially for aging eyes. For artists, the HappyEyes Floor Lamp can bring a source of natural light into a studio, and show the true colors of a work. This lamp has a flexible gooseneck design for maximum efficiency and two levels of light, with an "Instant On" switch that is flicker-free. The high fidelity electronics, ergonomically correct design, and bulb that lasts five times longer than an ordinary bulb makes this product a must-see.

This light can change the way you live and work

I love it! Reading is so much easier on my eyes. It's also great for doing crafts. The lamp's light weight allows me to bring it anywhere.
—Karen R. CA

It really brightens up my office, Thank you.
—Jan L. GA

I use my computer all the time and WOW what a difference. I just put it up and I can see!
—Kathy N. CA

It is really nice and eliminates the glare!
—Nita P. CA

It is a nice sunny product for a windowless office.
—Edith L. NJ

Dozens of testimonials on file
Results not typical

Try this risk-free, manufacturer direct special offer. The HappyEyes Floor Lamp comes with a one-year manufacturer's limited warranty and TechnoScout's exclusive risk-free home trial. If you're not fully satisfied, return it within 30 days for a complete "No Questions Asked" refund.

HappyEyes™ Floor Lamp
ZZ-1777. . . . . **$129.95** $15.95 S&H
Please mention source code 21872

For fastest service, call toll-free 24 hours a day

800-399-7853

To order by mail, send check or money order for the total amount including S&H. To charge it to your credit card, enclose your account number and expiration date.
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bee my Valentine

Yikes! Your friends are buzzing with excitement about Valentine's Day, but you aren't prepared. Even busy bees can find time to make our simple card boxes. And we bet your honey will love our sweet gifts!

hive project, see page 212
continued on page 208



*Provides 100% Daily Value of Vitamin C ©2002 KF Holdings

New Kool-Aid® Jammers!

With Real Fruit Juice and 100% Vitamin C* in a Clear Back Pouch

What's not to smile about?

Bee My Valentine

continued from page 206

Garden Box

What you need: Shoebox ■ Green and pink construction paper ■ Green, purple, pink, and yellow tissue paper ■ White floral wire, chenille stems, or twist ties ■ Plastic grasshoppers (optional) ■ Tape

1. Cut a card slot in the box lid and then wrap with pink construction paper. Wrap the base with green paper. 2. Cut tissue paper into 3-inch squares. For each flower, stack six squares together with yellow on top (see *Photo C*). Accordion fold the stack and wrap a 4-inch wire around the center. Cut the ends into a half circle for rounded petals (see *Photo B*) or a triangle for pointed petals. Unfold each side and gently pull each sheet to the center (see *Photo A*). Arrange finished flowers on the lid, and glue. 3. Cut two layers of grass from green tissue paper. Wrap the grass around the base and tape in place. If desired, glue store-bought grasshoppers to box.









Flower Bouquet

What you need: Empty oatmeal box ■ Two sheets of opalescent cellophane ■ Floral wire stems ■ Pink, red, yellow, green, and purple paper ■ Hole punch ■ Iridescent round beads ■ Two elastic bands ■ 1½-inch-wide ribbon ■ Tape

1. Cut a card slot in the oatmeal box lid. Remove the box label or cover box with plain paper. 2. Stack the cellophane sheets and fold in half diagonally. Align the flat folded edge along the base of the box and tape in place to cover lower box. 3. Trace circles of various sizes onto colored paper and cut out. Cut edges into pointed, rounded, or irregular petal shapes. 4. Punch holes in the center of each flower. Thread the end of a wire stem through three flowers. Thread a bead onto the end of the wire. Thread the wire back through the flowers to hold them in place. 5. Place elastic bands over the middle of the box. Push the stem of each flower under the bands. Twist the bottom of the wires into spirals. 6. Add leaves cut from green paper. Tie ribbon around the bouquet to cover the elastic bands.

continued on page 210

Happy Valentine's Day.
My name is Mark. remember?

One Box Says It All.
The Perfect Little Gift.™

Happy Valentine's Day.
I love you.

One Box Says It All.
The Perfect Little Gift.™

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Bee My Valentine

continued from page 208





Candy Heart Gift

What you need: 5½×7-inch piece of colored card stock ■ Crafts glue or tape ■ Curly ribbon and chenille stem ■ Small gems, ribbon flowers, and pieces of lace ■ Hole punch ■ Scissors

1. Lay card stock lengthwise in front of you. Find the center of the long edge. Make a dot 3½ inches up from the center. Bring each bottom corner up to the dot. Crease to make the heart point. 2. Draw the top of the heart along the top edge and cut out. Use decorative-edge scissors for a fancier look. 3. Overlap the front flaps and glue or tape together. Decorate the front with gems, flowers, and lace. Punch two holes at the top. Add ribbon and a chenille stem hanger.

Candy-Filled Flower

What you need: 11×11-inch pieces of tissue paper ■ Small candies ■ Plastic wrap ■ Green chenille stem ■ Green paper ■ Hole punch

1. Cut three 6-petal flowers from tissue paper. 2. Put candy in plastic wrap, and form into a small ball. Place in the center of flowers. Gather petals around candy and twist with a chenille stem (see *Photo A*). Separate petals to shape flower. 3. Cut two leaves from green paper. Punch a hole in each and slip onto ends of chenille stem. Bend ends to hold leaves in place. Write a message on the leaves.

continued on page 212

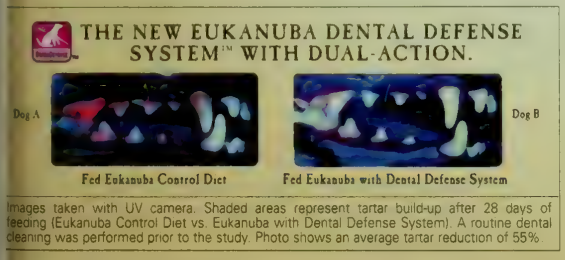
SOMETIMES IT'S NOT JUST THE STRENGTH OF YOUR CHARACTER THAT'LL SAVE YOUR LIFE.

It's the

STRENGTH OF A DOG'S TEETH.



Trapped. nforgiving seas ounding your mily ever closer jagged rocks. With stress signals sent, all u can hold on to is a glimmer hope. And it arrives from above a powerful dog and her trainer leap from a rescue elicopter. "Throw her the rope," her trainer implores.



Trust the dog." With little choice, you do. To your isbelief, the dog grabs the rope with her teeth, and ulls your family to safety.

Just another day for Mas, a 120-lb. ater rescue dog that relies on her strong, healthy teeth to save lives. And to make sure this Newfoundland's teeth stay in peak condition, her trainer feeds her Eukanuba.® Now the only dog food with the dual-action Dental Defense System.



This breakthrough science works both during and after meals to help reduce tartar build-up by up to 55% [see inset].

Available in all adult Eukanuba formulas, the Dental Defense System is an essential part of the Eukanuba Vital Health System,™ developed for optimal overall canine health.

Find Eukanuba in specialty pet stores. And know that the Dental Defense System keeps a dog's teeth in peak condition. Whether that dog is saving lives, or simply enriching them.



Eukanuba®
Results Oriented Nutrition™



Contains 6 more vitamins and minerals than you thought.



SpaghettiOs® pasta is more nutritious than you think, with a full serving of veggies and grains, Vitamin A, riboflavin and other good stuff.

Good for them. Good for you.

Bee My Valentine

continued from page 210

Butterfly Candy

What you need: Candy sticks ■ White floral wire or chenille stems ■ Pink card stock ■ Iridescent glitter glue ■ White pom-pom ■ Crafts glue

1. Fold card stock in half and cut out a pair of butterfly wings. Decorate wings with dots of glitter glue. Let glue dry. 2. Twist the center of a 2½-inch wire around one end of the candy stick. Shape the ends into antennae. 3. Attach the wings to the candy stick with glue. Glue a pom-pom head to the candy stick near the antennae.

Beehive Card Box and Candy

(also shown on page 206)

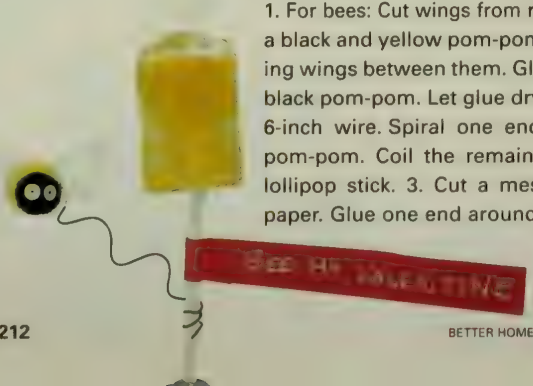
What you need: Empty oatmeal box ■ Paper bowl ■ Roll of yellow crepe streamers ■ Black crepe paper ■ Crafts glue ■ Thin red ribbon ■ Two bees (See bee directions in Bee Mine Lollipop *below*, but use larger pom-poms and chenille stems, and add craft wire antennae.)



1. Remove paper circle from oatmeal lid so only the plastic rim remains. 2. Trim the ½-inch edge off the paper bowl. Hot glue the plastic rim inside the bowl. 3. Roll black crepe paper into ½-inch balls. Glue on the bottom edge of the box to create a door. 4. Apply glue around the top 2 inches of the box. Fold a strip of crepe streamer in half lengthwise, and place the fold on the glue around the top of the box. Create ruffles by pushing the end of the strip back toward the front. Add strips this way until you've completed a ring around the box. Place the next layer of crepe directly underneath the bottom half of the ruffled crepe layer. Use this technique to cover the box and lid. Tie a ribbon just below the lid. Glue two bees to the hive.

Bee Mine Lollipop

What you need: Yellow lollipop ■ Yellow and black pom-poms ■ Black wire ■ Silver sequins ■ Ribbon or netting ■ Red paper



1. For bees: Cut wings from ribbon or netting. Glue a black and yellow pom-pom together, sandwiching wings between them. Glue two sequins to the black pom-pom. Let glue dry completely. 2. Cut a 6-inch wire. Spiral one end around the yellow pom-pom. Coil the remaining wire around the lollipop stick. 3. Cut a message strip from red paper. Glue one end around the lollipop stick.



Just a reminder that training for the Olympic Games begins at an early age.

SALT LAKE 2002 OFFICIAL SUPPLIER

SpaghettiOs® pasta is an important part of any kid's diet. Just one bowl contains a full serving of veggies and grains. Hey, maybe we'll see your kid in 2016.

Good for them. Good for you.



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IN THE CIRCUIT COURT
FIRST JUDICIAL CIRCUIT
SALINE COUNTY, ILLINOIS

TERESA CARTER, individually and on behalf of all others similarly situated,

Plaintiffs,

v.

UNILEVER UNITED STATES, INC.; CONOPCO, INC., d/b/a UNILEVER HOME & PERSONAL CARE USA and CHESEBROUGH-POND'S,

Defendants.

Case No. 00-L-41

SUMMARY NOTICE OF CLASS ACTION AND PROPOSED SETTLEMENT

TO: ALL PERSONS AND ENTITIES IN THE UNITED STATES WHO PURCHASED VASELINE® BRAND INTENSIVE CARE® ANTI-BACTERIAL LOTION AT ANY TIME, EXCLUDING DEFENDANTS, OFFICERS OF THE DEFENDANTS, AND PURCHASERS FOR RESALE.

YOU ARE HEREBY NOTIFIED, pursuant to an Order of the First Judicial Circuit for Saline County, Illinois, that the Court has certified for settlement purposes a Settlement Class consisting of All persons and entities who purchased Vaseline® Brand Intensive Care® Anti-Bacterial Lotion at any time, excluding Defendants, officers of the Defendants, purchasers for resale, and all persons and entities that opt-out of the Settlement Class (the "Settlement Class").

The parties have agreed to settle this action, with the Defendant agreeing to issue 5.6 million coupon ads regarding its Vaseline® Intensive Care® Lotion Products. These ads shall prominently contain cut-out coupons providing a cash credit of 75 cents per coupon.

The Court has scheduled a hearing ("the Settlement Hearing") to be held on April 15, 2002 at 9:30 a.m. before the Honorable Bruce D. Stewart, First Judicial Circuit, at the Saline County Courthouse, 10 East Poplar, Harrisburg, Illinois 62946 for the purpose of determining, among other things, whether (1) the proposed settlement should be approved; (2) the Action should be dismissed on the merits and with prejudice and all Released Claims (as defined in the Notice referred to below) against the Released Persons (as defined in the Notice referred to below) be extinguished and released; and (3) the Plan of Distribution of the settlement funds should be approved. The Defendants have agreed that any amount awarded as attorneys' fees to Plaintiff's Counsel shall be paid by Defendants in addition to, and shall not reduce, the amounts paid by Defendants in settlement of the claims at issue.

If you are a Member of the Settlement Class, your rights may be affected by the Settlement of this Action. If you wish to obtain a detailed Notice of Pendency and Proposed Settlement of Class Action ("Notice") you may obtain copies by writing to VICL Litigation, c/o P.O. Box 558, Wood River, IL 62095; or by calling (618) 254-1127.

If you are a Member of the Settlement Class and desire to share in the recovery, you need not do anything and will be represented by Settlement Class Counsel. The Court has appointed the following firms as Settlement Class Counsel: FREED & WEISS LLC, Chicago, IL; THE LAKIN LAW FIRM, P.C., Wood River, IL; MURPHY LAW OFFICE, Marion, IL; and PATCHETT LAW OFFICE, Marion, IL.

If you wish to exclude yourself, you may opt-out of the Settlement Class in accordance with the instructions set forth in the Notice. All Settlement Class Members who desire to exclude themselves from the Settlement Class must do so by March 18, 2002.

Any objection to the matters described above must be mailed or delivered so that it is received no later than March 18, 2002 to (i) the Clerk of the Court, First Judicial Circuit, Saline County Courthouse, 10 East Poplar, Harrisburg, Illinois 62946, (ii) the Settlement Class Counsel, Paul M. Weiss, FREED & WEISS LLC, 111 West Washington, Suite 1331, Chicago, Illinois, 60602, and (iii) counsel for the Defendants, John M. Touhy, MAYER, BROWN & PLATT, 190 South LaSalle Street, Chicago, Illinois 60603.

DO NOT CONTACT THE COURT OR THE CLERK'S OFFICE REGARDING THIS NOTICE.

DATED: SEPTEMBER 5, 2001

BY ORDER OF THE FIRST JUDICIAL CIRCUIT
SALINE COUNTY, ILLINOIS
HONORABLE BRUCE D. STEWART

buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Undecorating

Page 19: pillow fabric, Waverly; 800/423-5881; www.waverly.com.
Page 20: sofa, 3315 (Fruitwood finish), "Bo" (Butter) fabric and "Bo" (Pumice) welt; **fabric for chair slipcover,** "Colton" (Camel); **fabric for flowered pillows,** "Renee" (Rose); **fabric for solid pillows,** "Bo" (Butter) and "Bo" (Pumice) welt; **fabric for striped pillows,** "Dora" (Khaki)—Lee Ind.; 800/892-7150; www.leeindustries.com. **Area rug,** "Bristol" (Camel)—Capel, Inc.; 800/334-3711. (***Inset photo***): **braided rug,** "Cutting Garden" (Buttercup)—Capel, Inc.; 800/334-3711.
Page 22: sisal rug—Capel, Inc.; 800/334-3711. **Chandelier**—The Company Store; 800/285-3696; www.thecompany store.com. **Curtain rod, rings**—Exposures; 800/699-6993.
Page 27: wire basket—Pier 1 Imports; 800/447-4371. **All other items**—antique, discontinued, or personal belonging.

Eco Art

Page 30: sun-sensitive paper—art supply store or Nature Print Paper, P.O. Box 314, Moraga, CA 94556; Web site: www.natureprintpaper.com. **Picture frames**—Target Stores; 800/800-8800; Web site: www.target.com. **Chair,** Expressions Custom Furniture, 1751-28th St., West Des Moines, IA 50265; 515/223-1924. **All other items**—antique, discontinued, or personal belonging.
Page 32: poster clip frames—Target Stores; 800/800-8800; www.target.com. **All other items**—antique, discontinued, or personal belonging.
Page 34: shadow box frames—Target Stores; 800/800-8800; www.target.com. **All other items**—antique, discontinued, or personal belonging.
Page 36: (*inset*): decorative chicken egg shells—Rocky Mountain Specialty Quail; www.wingedwonders.com. **All other items**—antique, discontinued, or personal belonging.

Break with Tradition

Pages 38–40: tile, "Talisman"—Ann Sacks Tile & Stone, 8120 NE. 33rd Dr., Portland, OR 97211; 800/278-8453. **Stove**—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 662/455-1200. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Wall sconces**—Current, 629 Western Ave., Seattle, WA 98104; 206/622-2433. **Custom cabinetry and pantry**—JAS Design/ Build, 3540 Wallingford Ave., N, Seattle, WA 98103; 206/547-6242. **Lighting**—Rejuvenation Lamp & Fixture Co., 2550 NW. Nicolai St., Portland, OR 97210; 503/231-1900.

Soothing the Day Away

Pages 46–48: bath fixtures—Moen, Inc., 25300 Al Moen Dr., North Olmsted, OH 44070; 800/321-8809; Web site: www.moen.com. **Towels** (Gray), **pewter bath accessories** (excluding tissue holder)—Strouds; for store locations call 800/787-6837. **Pewter tissue holder**—Neiman Marcus, 1618 Main St., Dallas TX 75201; to place orders or for store locations call 800/825-8781. **Shell pictures, tub, sinks, custom tub surround, glass block window, regular window, countertop, cabinets, hardware**—no sources.
Page 50: sconce—Urban Archeology, 239 E. 58th St., New York, NY 10022; 212/371-4646. **Oval mirror,** "#A1146 DC"—Heath & Co., 3707 S. Dixie Hwy., West Palm Beach, FL 33405; 561/833-0880. **Towel draper,** "#585"—Gusa, 460 N. Greenway, Fort Mill, SC 29708. **Custom window treatment and shower curtain**—Window and Walls, 1595 Second Ave., New York, NY 10028; 212/472-4800. **Tiles**—Country Floors, 15 E. 16th St., New York, NY 10010; 212/627-8300. **Toilet and towel holder**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Medicine cabinet, vanity**—Wood-Mode, Inc., 1 Second St., Kreamer, PA 17833; 800/447-4700 or 570/374-2771; www.wood-mode.com. **Windows**—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com.
Pages 52–54: cabinets—Winfield Cabinet Co.; 501/776-1628. **Custom wall paint** (Cornucopia); **trim paint** (Linen)—PPG Architectural Finishes, Inc., 1 PPG Pl., Pittsburgh, PA 15272; 800/441-9695. **Cotton rugs**—Pier 1 Imports; 800/447-4371; www.pier1.com. **Faucets and sinks**—Kohler Co., 800/456-4537; www.kohlerco.com. **Tub,** "Integrity"—Jason International, Inc., 8328 MacArthur Dr., North Little Rock, AR 72118; 800/255-5766.

Up Front and Beautiful

Pages 62–66: trees and shrubs—Forestfarm, 990 Tetherow Rd., Williams, OR 97544-9599; 541/846-7269; catalog $5. **Perennials and ornamental grasses**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093; 800/504-8006; free catalog. White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog.

Getting A's in Home Work

Pages 70–72: cabinets—Robert Browning Fine Woo working, 625 W. Katella, #29, Orange, CA 92867; 714/63 1028. **Light fixture**—Rejuvenation Lamp & Fixture C 2550 NW. Nicolai St., Portland OR 97210; 888/401-190 **Hardware**—Baldwin Hardware Corp., P.O. Box 1504 Reading, PA 19612-5048; 800/566-1986. **Desk chair, cu tom French doors**—no source. **Desk lamp**—Restorati Hardware; 888/243-9720; www.restorationhardware.co **Computer**—Hewlett-Packard, 18110 SE. 34th Stree Vancouver, WA 98683; 888/999-4747; www.hp.co **Monitor**—Sony Electronics, Inc., Customer Service, 1 Sor Dr., Park Ridge, NJ 07656; 800/222-7669; www.sony.co **Wicker furniture on porch**—Brown Jordan, 9860 Gidl St., El Monte, CA 91731; 800/743-4252, ext. 22 www.brownjordan.com. **Interior paint** (Linen White)- Ralph Lauren Paints; 800/379-7656.
Pages 74–75: computers—Dell Computer Corp., 95 Arboretum Blvd., Austin, TX 78759; 800/335-289 **Printer, scanner**—Hewlett-Packard (address above **Monitor**—NEC-Mitsubishi Electronics Display America, Inc., 1250 N. Arlington Hts. Rd., Ste. 5 Itasca, IL 60143; 800/632-4662; www.necmitsubishi.co **Custom cabinets, desk**—no sources. **Chairs,** "Aero (Black)—Herman Miller for the Home, P.O. Box 30 Zeeland, MI 49464; 800/646-4400; www.hmstore.co **TV**—Sony Electronics, Inc.; 800/222-7669.
Page 76: cabinets—Michael Borrelli, Borrelli Cabine makers, 4421 Park Blvd., San Diego, CA 9211 619/234-1251. **Pottery**—homeowners' collectio **Computer**—Gateway 2000, 610 Gateway Dr., Nort Sioux City, SD 57049-2000; 800/846-2000. **Printer**- Hewlett-Packard (address above). **Desk chair**—Lux Stee Inc., 21209 Protecta Dr., Elkhart, IN 46516; 877/609-611
Page 78: desk and cabinets—Doug Cooper, D&T Ente prises, 20518 Meadow Lake Rd., Snohomish, WA 9829 360/805-9231. **Undercabinet lighting**—American Fluore cent, 2345 N. Ernie Krueger Cir., Waukegan, IL 6008 847/249-5970. **Snake light,** "JHT 205"— WAC Lightin 615 South St., Garden City, NY 11530; 800/526-258 **Chairs**—no source.

Decorating Shop™

Pages 104–105: Rose Stencil—Designer Stencils, 250 Silverside Rd., Wilmington, DE 19810. **Stately Botanic Prints Set**—Art in Motion, 2000 Hartley Ave., Coquitlan BC, Canada V3K 6W5. **Bird Song Sampler Kit**—Bana Designs, 431 S. Main St., Fallbrook, CA 92028.

Gardener's Almanac

Pages 106–110: Sparkling Burgundy pineapple lily—Plan Delights Nursery, 9241 Sauls Rd., Raleigh, NC 2760 919/772-4794; catalog $3.20. Logee's Greenhouses, 14 North St., Danielson, CT 06239; 888/330-8038; catalog $ Glasshouse Works, P.O. Box 97, Stewart, OH 4577 740/662-2142; catalog $2. **Ornamental grasses**—Ku Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; n phone orders; catalog $3. Carroll Gardens, 444 E. Main St Westminster, MD 21157; 800/638-6334; catalog $3. Shad Oaks Nursery, P.O. Box 708, Waseca, MN 56093; 800/504 8006; free catalog.

Scented Geraniums

Pages 115–122: scented geraniums—Papa Geno's Her Farm, 11125 S. 14th St., Roca, NE 68430; 402/423-505 www.papagenos.com; free price list. Davidson Green house and Nursery, 3147 E. Ladoga Rd., Crawfordsville IN 47933; 877/723-6834; www.davidsongreenhouse.com catalog $1. **Wreath topiary frames**—Chesapeake Topiar Frames, P.O. Box 188, Galena, MD 21635; 410/648-561 www.chesframes.com; free price list.

Mother-Daughter Decorating

Page 125: flowered wing chair, reupholstered antique Snider Plaza Antique Shops, 6926 Snider Plaza, Dallas TX 75205; 214/373-0822. **All other items**—antique discontinued, or personal belonging.
Page 126: wing chairs, reupholstered antique—Snide Plaza Antique Shops (address above). **Bench**—Philbeck' Antiques, 119 E. Hwy. 80, Dallas, TX 75126. **Table lamp**— Weirs Furniture, 3219 Knox St., Dallas, TX 75205. **All othe items**—antique, discontinued, or personal belonging.
Page 127: sofa—Restoration Hardware; 888/243-972 www.restorationhardware.com. **Fur pillows**—Ballar Designs; 800/367-2775. **Console tables**—Pottery Barn 800/922-5507; www.potterybarn.com. **All other items**— antique, discontinued, or personal belonging.
Page 128: chest—El Paso Import Co., 4524 McKinney Ave Dallas, TX 75205. **Ovens**—KitchenAid; Web site www.kitchenaid.com. **All other items**—antique, discon tinued, or personal belonging.
Page 129: mirror—Pottery Barn; 800/922-5507; Web site www.potterybarn.com. **All other items**—antique discontinued, or personal belonging.
Page 130: leather sofa and rug—Weirs Furniture (address above). **Upholstered chairs**—The Market, 547 W. Lovers Ln., Suite 335, Dallas, TX 75209. **All othe items**—antique, discontinued, or personal belonging.
Page 131: leather sofa, armoire—Weirs Furniture, 321 Knox St., Dallas, TX 75205. **Red chair**—Storehouse Furni ture; 888/786-7346. **Child's chair; ceiling lamp**—IKE Home Furnishings; 800/434-4532; www.ikea.com. **Tabl lamp; red vinyl chair**—Target Stores; 800/800-880

vw.target.com. **Clock**—Restoration Hardware; 888/243-20; www.restorationhardware.com. **Striped throw**—rnet Hill; 800/622-6216; www.garnethill.com. **Metal airs**—Emeco; 800/366-5951; Web site: www.emeco.net. **mputer table**—El Paso Import Co., 4524 McKinney e., Dallas, TX 75205. **Refrigerator, dishwasher**—Jenn-; 800/688-1100; www.jennair.com. **All other items**—tique, discontinued, or personal belonging.

ge 132: bed—Weirs Furniture (address above). **All other ms**—antique, discontinued, or personal belonging.

ge 133: bed, Weirs Furniture (address above). **Bed-g**—Garnet Hill; 800/622-6216; www.garnethill.com. **deside table**—Pier 1 Imports; 800/447-4371; Web site: vw.Pier1.com. **Table lamp**—Restoration Hardware; 3/243-9720; www.restorationhardware.com. **Framed oto**—Bill Atkinson-Photographer, Museum Works llery, Aspen, CO; 970/920-1330. **All other items**—tique, discontinued, or personal belonging.

ge 134: office metal chairs—Emeco; 800/366-5951; vw.emeco.net. **All other items**—antique, discontinued, personal belonging.

ge 135: bedding—Garnet Hill; 800/622-6216; Web e: www.garnethill.com. **Dresser lamp**—Target ores; 800/800-8800; www.target.com. (***Inset***): **crib**—iby Superstore; 972/247-4229. **Bedding, lamp, red ble**—Pottery Barn Kids; 800/993-4923; Web site: vw.potterybarnkids.com. **All other items**—antique, scontinued, or personal belongings.

ge 136: metro shelving—The Container Store; for a talog call 800/733-3532; www.thecontainerstore.com. **ee rug**—Storehouse Furniture; 888/786-7346. **All other ms**—antique, discontinued, or personal belongings.

ome Improvement Contest

ages 140–141: cabinets—designed and built by home-wners. **Granite countertop**—salvage. **Tile on perimeter ountertops**—Home Depot USA, Inc.; 800/430-3376; ww.homedepot.com. **Range**—Maytag, 403 W. Fourth St., . Newton, IA 50208; 800/688-9900; www.maytag.com. **ght fixture**—Lowe's Cos., Inc.; 800/445-6937; ww.lowes.com. **Windows**—existing. **French doors**—orth Star Windows and Doors, 3410 White Oak Rd., ondon, ON Canada N6E 2Z9; 800/265-5701; Web site: ww.northstarwindows.com. **Wall paint** (Queen Anne's ace); **trim** (Stove White)—Ralph Lauren Paints; 800/379-56. **Yellow bowl on stand**—Butler's Pantry, 213 S. Main t., Zionsville, IN 46077; 317/733-8003.

ages 142–143: cabinets—designed and built by home-wners. **Granite countertop**—salvage. **Tile on perimeter ountertops**—Home Depot USA, Inc.; 800/430-3376; ww.homedepot.com. **Refrigerator**—Crosley Corp., P.O. ox 2111, Winston Salem, NC 27102-2111; 336/761-1212. **ishwasher, mixer**—KitchenAid; 800/422-1230; Web site: ww.kitchenaid.com. **Flooring**—no source. **Light fix-re**—Lowe's Cos., Inc.; 800/445-6937; www.lowes.com. **indows**—existing. **French doors**—North Star Windows nd Doors (address above). **Wall paint** (Queen Anne's ace); **trim** (Stove White)—Ralph Lauren Paints; 800/379-656. **Bar chairs and stools**—Service Merchandise; 00/251-1212. **TV**—GE Appliances, GE Answer Center; 00/626-2000; www.geappliances.com.

ages 144-145: exterior paint (Platinum Gray); **trim** (White); **ont door** (Blonde Beauty)—Benjamin Moore & Co.; 00/826-2623; www.benjaminmoore.com. **Lights**—State lectric Supply Co., 4601 Camden Ave., P.O. Box 1605, Park-rsburg, WV 26101; 304/424-8100. **Furniture on side orch**—The Elder-Beerman Stores Corp.; 800/762-4303.

ages 146–147 (*top left*): wall paint (custom mix)—lenjamin Moore & Co.; 800/826-2623; www.benjamin noore.com. **Chair**—Sherill Furniture Co., P.O. Box 189, lickory, NC 28603; 828/322-2640. **Sofa**—Taylor King, 286 County Home Rd., Taylorsville, NC 28681; 828/632-7731. **ainting over mantel**—painted by homeowner. **Other fur-ishings and rug**—homeowners' collection. (***Center left***): **ink**—Kohler Co.; 800/456-4537; www.kohlerco.com. **aucet**—Moen, Inc., 25300 Al Moen Dr., North Olmstead, OH 44070; 800/289-6636; www.moen.com. **Mirror**—ntique. **Light fixture**—State Electric Supply Co. (address bove). **Wall paint** (Coastal Fog); **trim** (Muslin)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **loral window treatment,** "Fiskdale" (Sage)—The Robert llen Group, 79 Madison Ave., New York, NY 10016; 800/333-3776; www.robertallenmail.com. **Shutters**—afayette Venetian Blinds Inc., 3000 Klondike Rd., P.O. Box 2838, West Lafayette, IN 47996; 765/464-2500; Web site: www.lafvb.com. (***Bottom left***): **cabinetry**—The Work-shops of David T. Smith, 3600 Shawhan Rd., Morrow, OH 45152; 888/353-9387; www.davidtsmith.com. **Sink**—American Standard, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/524-9797; www.americanstandard-us.com. **Faucet**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Window treatment**—The Robert Allen Group (address above). **Shutters**—Lafayette Venetian Blinds Inc. (address above). **Dinette table**—The Workshops of David T. Smith (address above). Chairs—D.R. Dimes, 49 Dimes Rd., Northwood, NH 03261; 603/942-7409. **Ceiling fixture**—Ohio Village, Ohio Historical Society, 1982 Velma Ave., Columbus, OH 43211; 614/297-2350. **Other furnishings**—homeowners' collection. (***Right***): **bed**—handcrafted by homeowner. **Rug**—Wieser & Cawley Furniture Co., 1301 Colegate Dr., Marietta, OH 45750; 800/339-0094. **Wall paint** (custom mix)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Window treatment,** "KatiLyn" (Bisque)—Lafayette Venetian Blinds Inc. (address above). **Print over mantel**—Noel Studio Inc., 5618 W. 73rd St., Indianapolis, IN 46278; 317/297-1117. **Fire screen, lamb on floor**—H. Kogan Antiques and Lighting, 195 S. Main St., Zionsville, IN 46077; 317/873-4208. **Other furnishings**—homeowners' collection.

Page 148: custom cabinetry, custom bench—no sources. **Stain on cabinets and doors,** "#640" (Mahogany)—Minwax/The Sherwin-Williams Co.; 800/523-9299; Web site: www.minwax.com. **Tub,** "Temptation 6060WS5" (White)—Maax, 2150 Division St., Bellingham, WA 98226; 800/227-7138; www.maax.com. **Tub faucet,** "840 Series" (Powder Coated Black); **deck mount valve,** "1-502/3-102"; **trim kit CP,** "3-846"—Newport Brass, 320 E. Alton Ave., Santa Ana, CA 92707; 714/436-0805. **Sinks, vitreous china undercounter,** "#116215-2-AA" (White)—Kohler Co.; 800/456-4537; www.kohlerco.com. **Sink faucets,** "Wide Spead Model #5101-501-51"—Andre Collection, 4955 Everett Ct., Vernon, CA 90058; 800/756-2284. **Floor,** "Limestone #716"—Oregon Tile & Marble, 1845 SE. Third Ave., Portland, OR 97214; 503/231-0058. **Windows**—Milgard Windows, P.O. Box 11368, Tacoma, WA 98411-0368; 800/645-4273; www.milgard.com. **Glass block,** "Decora"—Pittsburgh Corning Glass Block Products, 5681 W. Cleveland Rd., South Bend, IN 46628; 800/624-2120; www.pittsburghcorning.com. **Doors to bathroom**—Home Depot U.S.A., Inc.; 800/430-3376; www.homedepot.com. **Door handles,** "F-51 Lever/Lever P513-538"—Schlage Lock Co., 1915 Jamboree Dr. #165, Colorado Springs, CO 80920; 800/847-1864; www.schlagelock.com. **Area rugs**—Costco Wholesale Corp.; 800/774-2678; www.costco.com. **Paint,** "#FP99132" (Satin)—Rodda Paint Co., 12000 SW. Garden Pl., Portland, OR 97223; 503/521-4300. **Towel basket on edge of tub, brown chest on floor, tub for towels on bench**—Tuesday Morning, Inc., 14621 Inwood Rd., Addison, TX 75001; 800/457-0099; Web site: www.tuesdaymorning.com. **Black accessories** (Umbra)—Kitchen Kaboodle; 800/366-0161. **Green bath bottles,** "Earth Botanicals"—T.J. Maxx; 800/285-6299; Web site: www.tjmaxx.com. **Window blinds,** "#8800000004"—Hunter Douglas Window Fashions, Customer Information Center, 1 Duette Way, Broomfield, CO 80020; 800/937-7895; www.hunterdouglas.com. **Sandals, kimonos**—personal belongings.

Reader Shopping

Page 122: Scented Geraniums—Papa Genos Herb Farm, 11125 South 14th, Roca, NE 68430; www.papagenos.com.
Page 164: Strawberry Soufflé Cups (8 ounce)—Harold Import Co., 747 Vassar Ave., Lakewood, NJ 08701.
Page 165: Soup Spoons—RSVP International, Inc., 4021-13th Ave. West, Seattle, WA 98119.
Page 166: Mini Muffin Tins—Fox Run Craftsmen, 1907 Stout Dr., Ivyland, PA 18947. **Custard Cups** (6 ounce)—Harold Import Co. (address above).
Page 171: Crème Brûlée Soufflé Cups (4 ounce)—Harold Import Co. (address above).
Page 174: Heart Cookie Cutters—Ateco, 36 Sea Cliff Ave., Glen Cove, NY 11542; Fox Run Craftsmen (address above).

architects & designers

Break with Tradition

Pages 38–40: architect—Ann Beeman Architects, 2111 Third Ave., Seattle, WA 98121; 206/448-0553.

Soothing the Day Away

Pages 46–48: architect—Gary Striyle, Clark and Assoc., 1414 E. Indian School Rd., Ste. 201, Phoenix, AZ 85014; 602/631-9175.
Page 50: architect—Peter Johnson, AIA, 2 Marineview Plazas, Hoboken, NJ 07030; 201/659-7400.
Pages 52–54: cabinetmaker—Winfield Cabinet Co.; 501/776-1628.

Getting A's in Home Work

Pages 70–72: architect—Eric Mossman; 949/675-1252.
Page 76: architect—N. Charles Slert, AIA, Charles Slert Assoc. Architects, 969 First Ave., San Diego, CA 92101; 619/231-1120. **Contractor**—Jones Building Enterprises, 2734 Madison, P.O. Box 2740, Carlsbad, CA 92018; 760/720-1858. **Cabinetmaker**—Michael Borrelli, Borrelli Cabinetmaker, 4421 Park Blvd., San Diego, CA 92116; 619/234-1251.
Page 78: designer—Delores Hyden, CKD, The Showplace, Inc., P.O. Box 955, Redmond, WA 98073; 425/885-1595. **Builder**—The Showplace, Inc. (address above). **Interior designer**—Linda Ott, 129 E. Lk. Sammamish Shore Ln., NE, Sammamish, WA 98074; 425/868-7415. **Cabinetmaker**—Doug Cooper, D & T Enterprises, 20518 Meadow Lake Rd., Snohomish, WA 98280; 360/805-9231.

Home Improvement Contest

Pages 144–147: kitchen designer—David T. Smith, The Workshops of David T. Smith, 3600 Shawhan Rd., Morrow, OH 45152; 888/353-9387; www.davidtsmith.com.
Page 148: bath designer—Phil Wolfinger, Wolfinger Assoc., 252-A Ave. #100, Lake Oswego, OR 97034; 503/699-2026. **General contractor**—Paul Warnock Pro Craft Construction, 13604 NW. 17th Pl., Vancouver, WA 98685; 360/574-0758.

Better Homes and Gardens®

2002 Home Improvement Contest

OFFICIAL ENTRY RULES

No purchase necessary to enter or win. 1. This contest is open to U.S. residents, 18 years of age or older, who are homeowners of the property entered, except employees and their immediate families of Meredith Corporation, cosponsors and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 1, 2002, and received by December 1, 2002. Final entry form must be postmarked by February 1, 2003, and received by March 1, 2003. Final entry must include photos of project, written description of objectives, receipts for cosponsor prizes, and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected, or illegible entries. 2. You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 2002. 3. Entries will be judged on appearance, function, and cost-effective use of materials. In case of a tie, the entry with the highest score on appearance will be awarded the prize. Judging will be under the direction of *Better Homes and Gardens*® magazine. Cosponsor awards are also judged by representatives of the cosponsor. Decisions of judges are final. All winners except for cosponsor awards will be chosen on or about June 1, 2003. Cosponsor winners will be selected by August 1, 2003. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within ten days of notification or a new winner may be chosen. Travel companions of Grand Prize winner will be required to sign a release. 4. PRIZES: One Grand Prize includes $10,000, plus an 8-Day Vacation for four at the Horizons by Marriott Vacation Club Orlando, Fla., 7 nights lodging. Accommodations subject to advance notice, space availability, and black-out dates. Trip must be taken within one year from date of awarding. All other expenses not listed, including airfare, are the responsibility of the winner. Approximate retail value $2,000. Eight Class A/Three First Place winners will receive $1,500 each; Eight Class B/Three Second Place winners $750 each; Eight Class C/Three Third Place winners $300 each; 72 merit winners will receive $100 each. 5. For a list of prize winners (available after August 1, 2003), send a separate self-addressed, stamped envelope to: *Better Homes and Gardens*® Home Improvement Contest Winners' List, P.O. Box 10349, Des Moines, IA 50306-0349. 6. Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright, in all entry materials, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, hometown, likeness, and information regarding entrant, his/her family, and property by Meredith Corporation and cosponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication, in any other magazine or medium. 7. Contest is subject to all federal, state and local laws and regulations. All liability for federal, state, and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law. Residents of Ariz., Colo., Md., Conn., and Vt. are not eligible to win cosponsor awards. No prize transfer or substitution. 8. PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER PROJECT.

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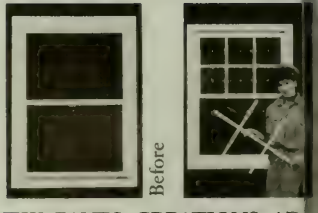
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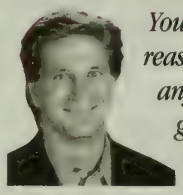
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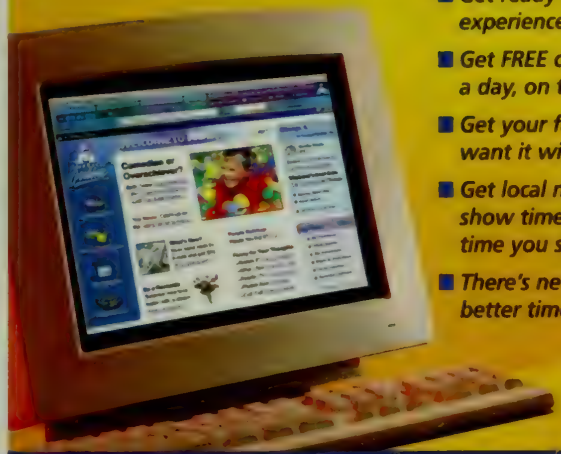
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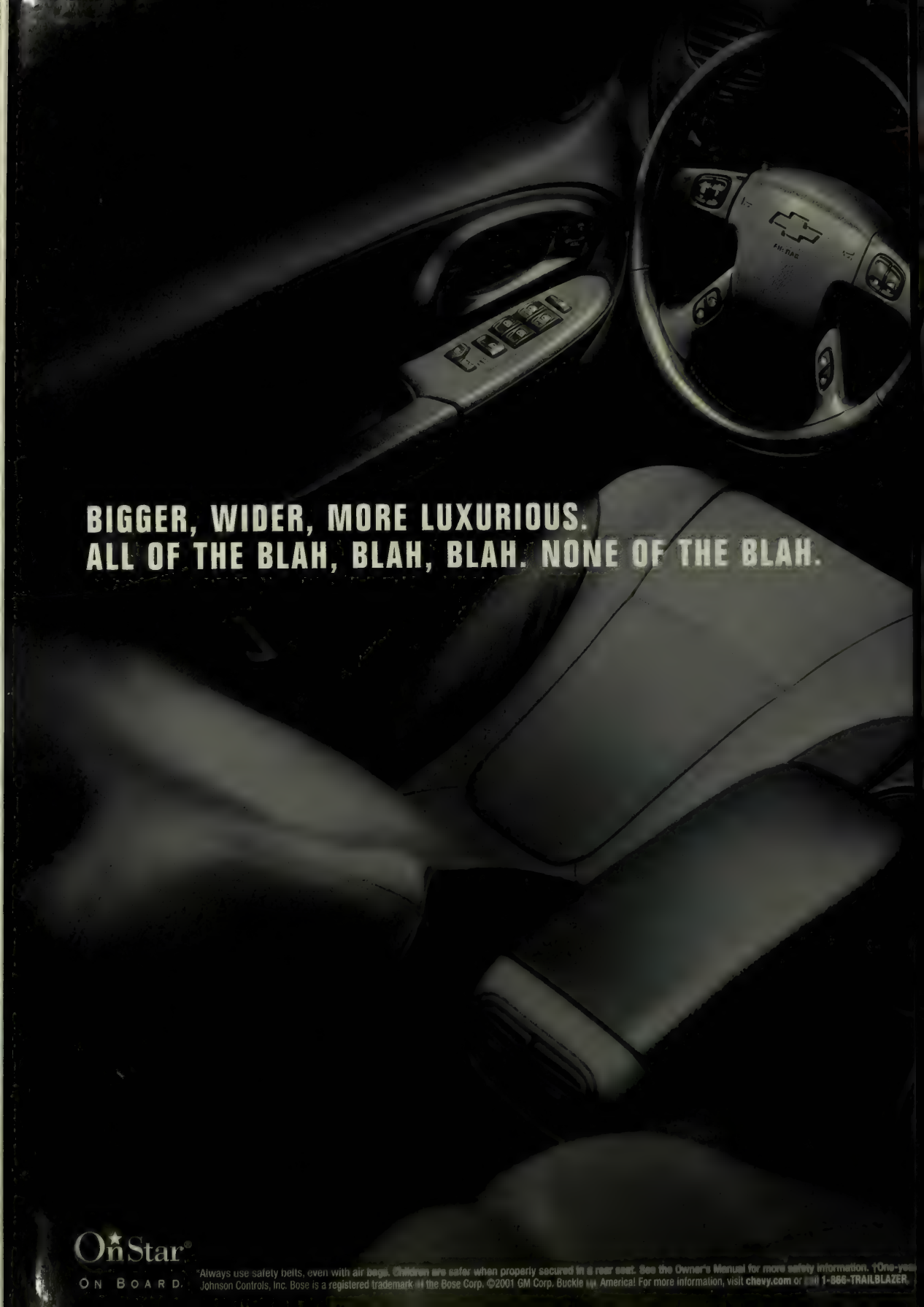
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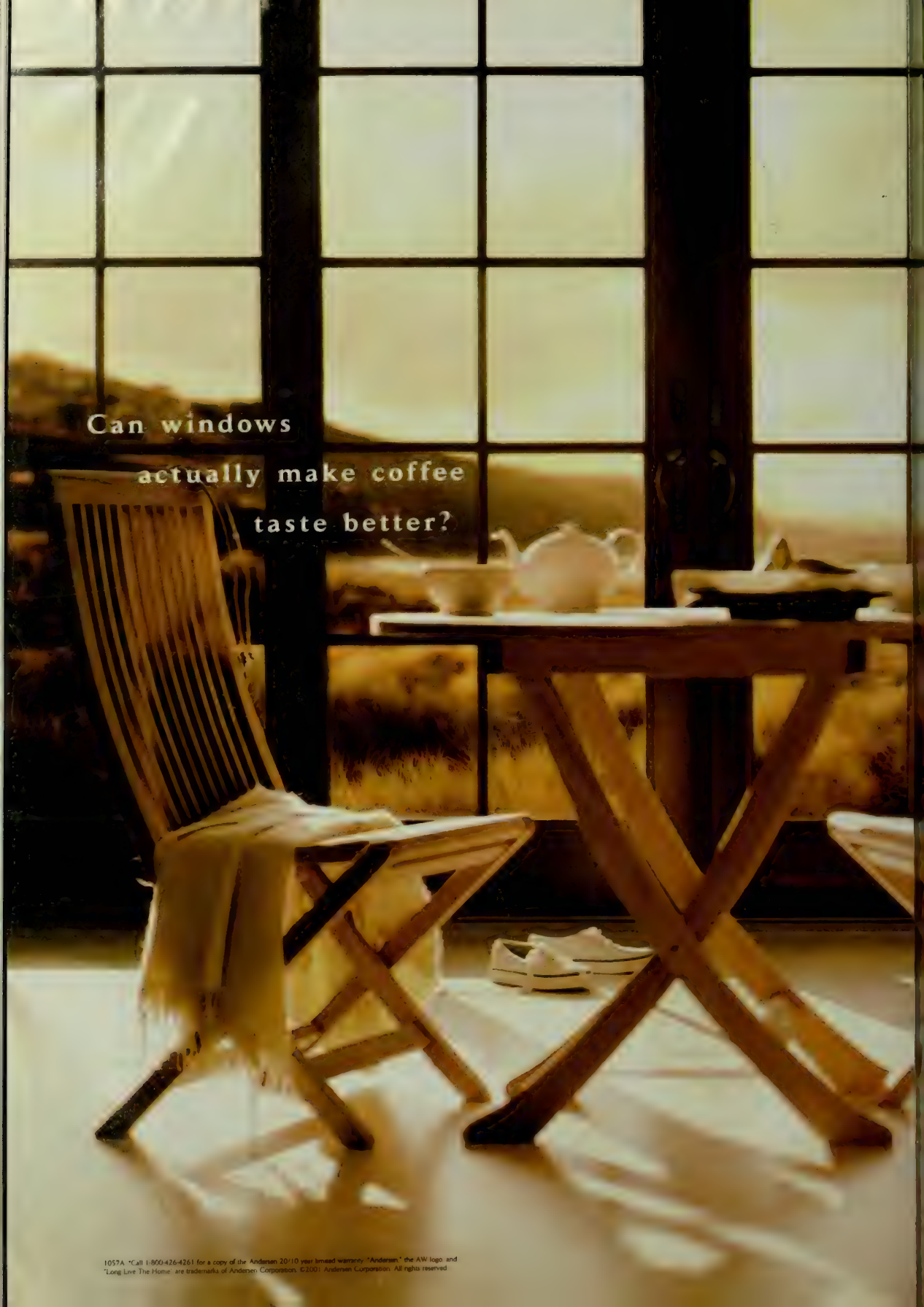
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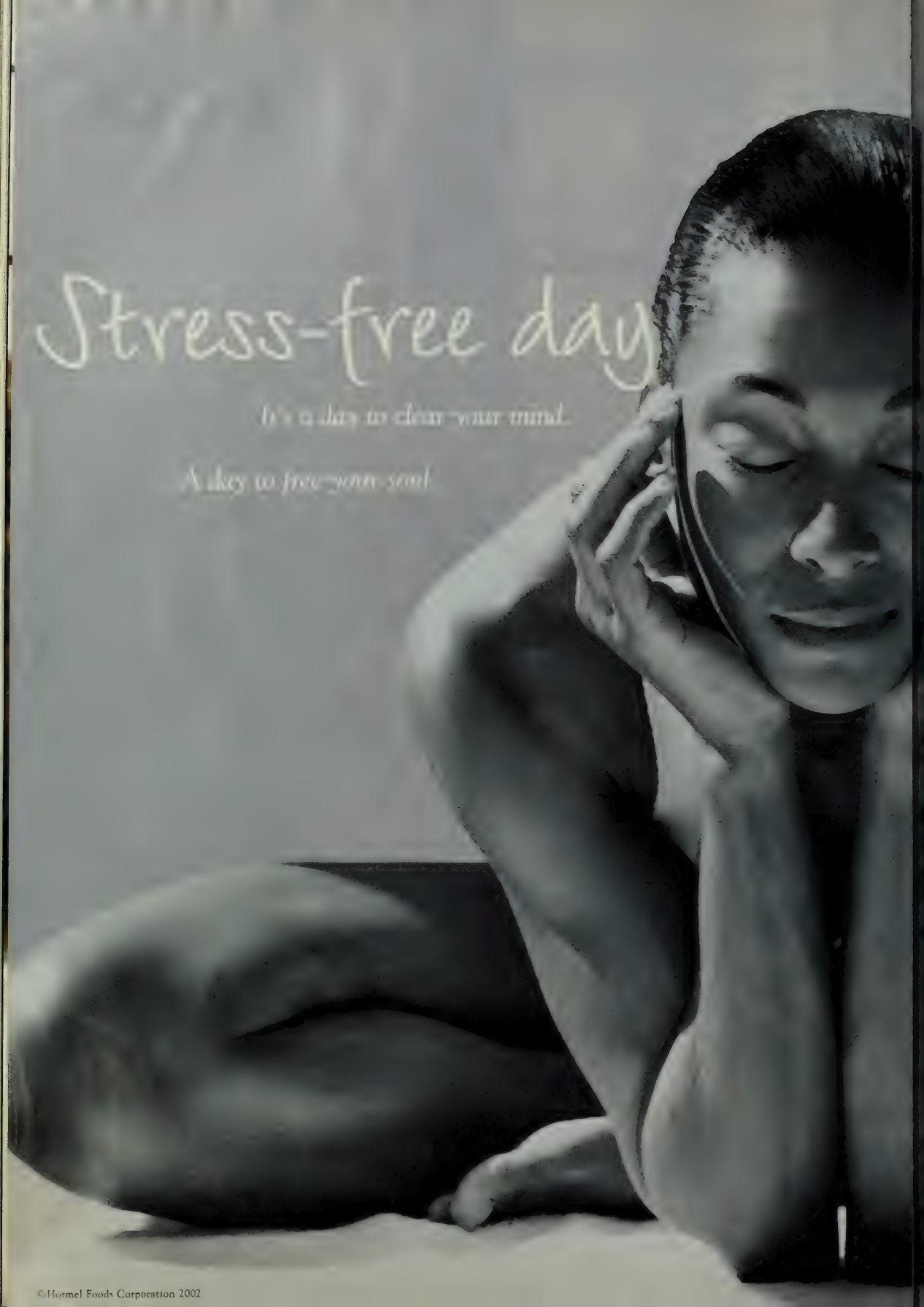

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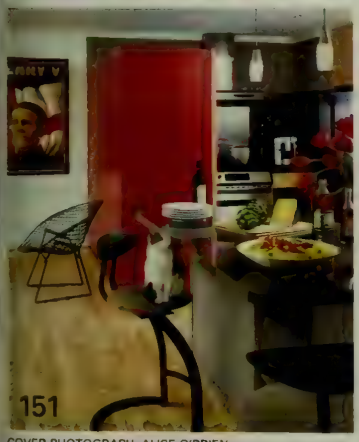
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The *Better Homes and Gardens*® mailbox is a crossroads of our country. Every month we receive hundreds of letters and e-mails from nearly every state in the union. A typical week's worth includes letters from a decorating enthusiast in Wheaton, Illinois, who signs her note Happy Homemaker; a young Air Force family stationed in Pensacola, Florida, asking for storage ideas that easily translate to new surroundings; a bride-to-be from Mechanicsville, Maryland, who writes about the fall canning festival at her 300-year-old parish; and a renovator from Sherman Oaks, California, who wants to convert his garage into living space. This wealth of mail makes for a stamp collector's dream, to be sure, but its true value is giving us an up-to-date connection to our readers.



Just as our mailbox reflects regional diversity, each issue of *Better Homes and Gardens* includes stories from as many different parts of our country as space allows. How can a staff of 40-some cover the country? Beyond great networking and aggressive travel plans, we have talented regional contributors in 20-some cities. Many of our stories are created under the skilled stewardship of these professionals, whose names are listed on our masthead. Another enhancement of our regional coverage is our addition of a West Coast editor. Recently relocated in Portland, Oregon, editor Sharon Overton (in both photos, *right*) is living the Northwestern lifestyle that so many of our readers love. Her new perspective will undoubtedly enrich our coverage of that region. More important is that Sharon's position exemplifies our commitment to reflect the various parts of our country on our pages. It's a big undertaking, but one that keeps *Better Homes and Gardens* going strong—and our mailbox overflowing.



West Coast editor Sharon Overton (*top*) pounds the pavement to find the best stories. Portland, Oregon, retailer Deborah Starr (*above*), of Full Upright Position, fills Sharon in on the store's new line of pastel fabrics.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief



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Postcards keep teen writing

When it comes to letter writing, my 13-year-old son balks at sending notes to relatives. To help him stay in touch with grandparents and other family members, I keep an assortment of postcards and stamps on hand so he can easily write a few words about what's going on in his life. Of course, he's always pleased when he gets a postcard in return.

Maryam L. Dachniwskyj
Pewaukee, Wis.

Wipe your paws at the door

Our house was built in the spring, but the yard's sod was not in place until late summer. The muddy outdoors meant messy paws for our dog. We stashed a tub of unscented baby wipes by the door, which helped us keep both our canine and our new carpeting clean. Easy!

Maria Bucaro
Champlin, Minn.

A friend in need

A close friend had a relative from another state pass away. My friend was grieving without the support of her family or the closure of a funeral. I suggested we attend a service at our local church with nearby friends in remembrance of her relative. She agreed, and I believe sharing her grief with others helped her through this time of loss.

Angela Shorter
Rockville, Md.

Calm amid the clothes closet

My 4-year-old daughter wanted to dress herself each morning, but she had trouble matching her clothes. To eliminate any day-to-day struggle, we would take time each Sunday to pick out an outfit for each day of the week, with a spare in case she changed her mind about what to wear. At the end of the week, if she wore one of those outfits each day without any fuss, she received a prize, such as a sheet of stickers.

Shoshana E. Hirsch
Lakewood, N.J.

Rolling out the quarters

What's a grandmother to do when the kids outgrow chocolate bunnies and stuffed animals, and move on to more expensive tastes? She gives a $10 roll of quarters. It's more exciting than a $10 bill, and silver is always good for holidays, student trips, and college dorm washers and dryers. The kids just call me the "Quarter Grandma."

Betty Lewis
Glendale, Wis.

Transparent solution for a closet

We have a small bathroom with a very small linen closet. To provide more space, I hung a 20-pocket shoe organizer on the inside of the closet door to hold toiletries. The clear plastic pockets allow easy viewing of brushes, nail clippers, lotions, etc. Now I no longer have to search through cluttered shelves to find small items.

Janet Gumpert
St. Louis, Mo.

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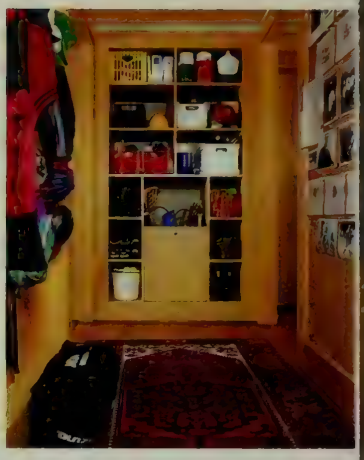
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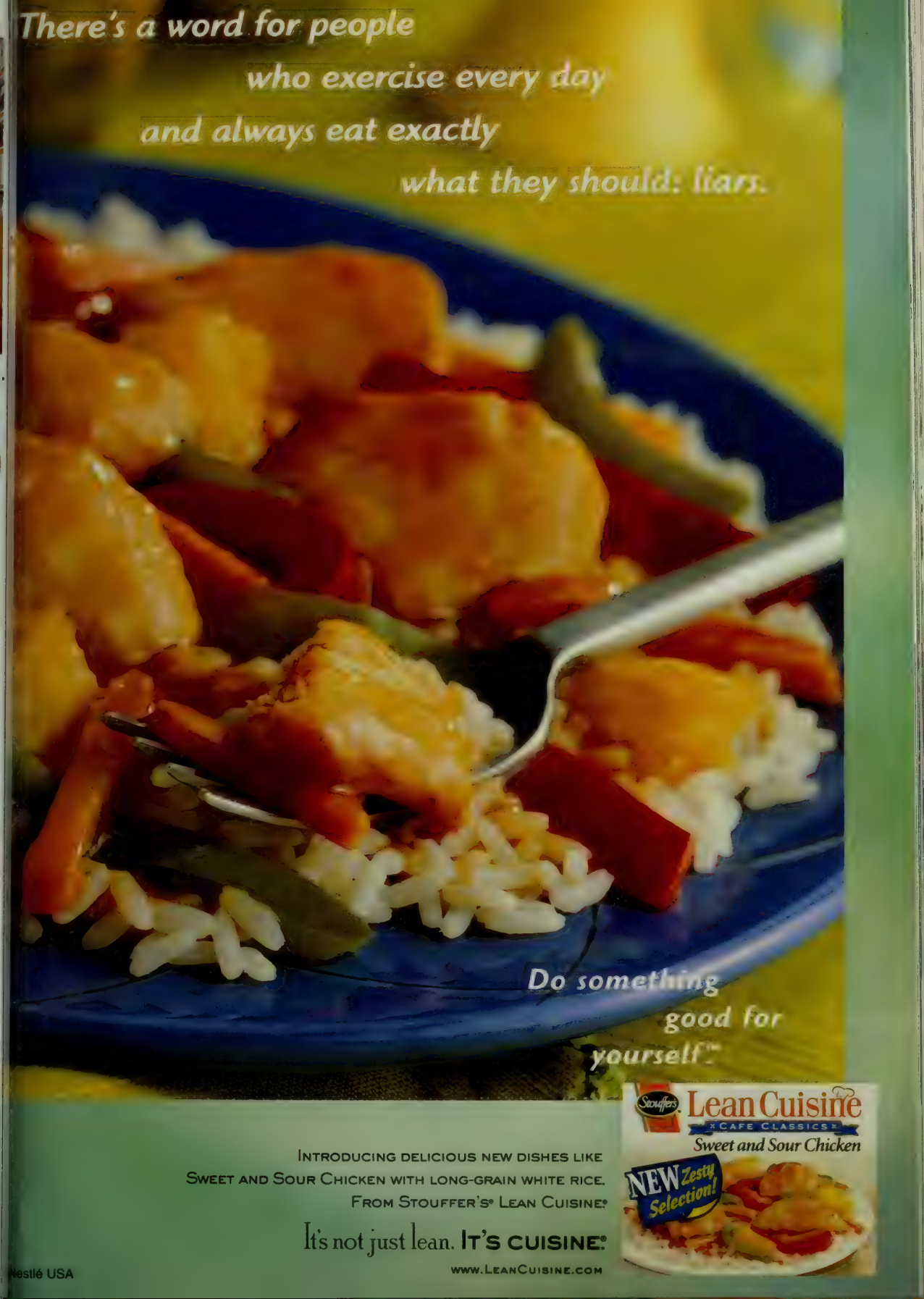
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after

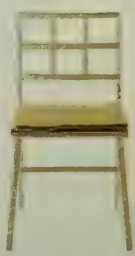
Dress for Success A smart coat of paint and a flirty skirt may be all you need to give a good, basic chair a lift.

Sand, prime, and paint the chair using two or more coats of semi-gloss latex enamel paint. Cover the seat cushion as described on *page 24*.

For the skirt, cut fabric and lining to fit the seat top, adding ½-inch seam allowances and a 4-inch drop on the front and both sides. With right sides facing, sew the lining to the fabric, leaving an opening for turning. Turn the skirt to the right side, press, and slipstitch the opening closed. Hand-sew tassel drapery cords to the back of the skirt, and tie the skirt to the chair.

Cover a small pillow form with matching fabric. Wrap tassel drapery cords around the pillow and tie them to the chair.

continued on page 22



before

continued from page 21

after





before

Cover Up For washable comfort and a cool spa look, create a terry-cloth pinafore for a classic wood folding chair.

Sand, prime, and paint the chair using a semigloss latex paint of your choice. Cut two pieces of terry cloth, each as wide as the chair, plus 1-inch seam allowances. To determine the length of the pieces, measure from the front of the chair seat to the back, up the back, and back down to the seat; add 18 inches (two 9-inch drops) and 1 inch for seam allowances. With right sides facing, sew the two strips together using ½-inch seams. Leave an opening for turning; turn the cover to the right side and slipstitch closed. Place the cover on the chair. Cut four 18-inch lengths of 1-inch-wide grosgrain ribbon. Tack pairs of ribbons on either side of the cover where the seat joins the back. Tie ribbons to hold the cover in place. Trim and knot the ends.

continued on page 24





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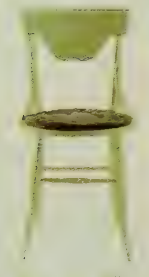


BREAKFAST MADE RIGHT®

continued from page 22

after





before

Attitude Adjustment When you're rescuing a quirky country chair, play up its personality with a bright look.

Remove the chair seat. Sand, prime, and paint the chair. To re-cover the seat cushion, first make sure the plywood bottom is in good shape. If it is, reuse it. If not, cut new plywood the same shape and size. Cut four circles of ½-inch-thick quilt batting. Cut the first circle large enough to wrap around the plywood; cut the remaining three in graduated smaller sizes, the smallest no smaller than 6 inches. Working from smallest to largest, center the batting pieces on the seat. Cover the quilt batting with fabric (we used a cloth napkin). Turn the seat over, and staple the cloth to the underside of the seat 1 inch from the outer edge. Trim excess fabric. If desired, cover the raw edges with bias tape. Place the seat back into the chair.

continued on page 26



The sloppy flopper



The furry spotter



The snacking stainer

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continued from page 24

before



after

Sour Treatments Tots will connect to the fashionable polka dots on this high chair.

Sand, prime, and paint the chair a background color. When dry, apply ¾-inch circle stickers (available in the label section of office supply stores) in alternating rows. Wrap the dots around the edges and rungs. Run a rigid straightedge (such as an old credit card) over the dots to seal them. Paint the chair with two coats of a contrasting color. After the paint dries, carefully remove the dots.

before



after

Rosy Glow A floral paper wrap emphasizes the romantic curves of this chair.

Sand the chair, and cover it with decoupage medium; let it dry overnight. Tear decorative paper (we used disposable hand towels) into pieces, keeping large designs intact. Working in small sections, apply more decoupage medium, and pat paper into the wet medium. The paper will wrinkle slightly; if it tears, patch it with another piece. Let the chair dry, then brush on two more coats of decoupage medium.





page 24

For more chair makeovers, check out our Web site at www.bhg.com

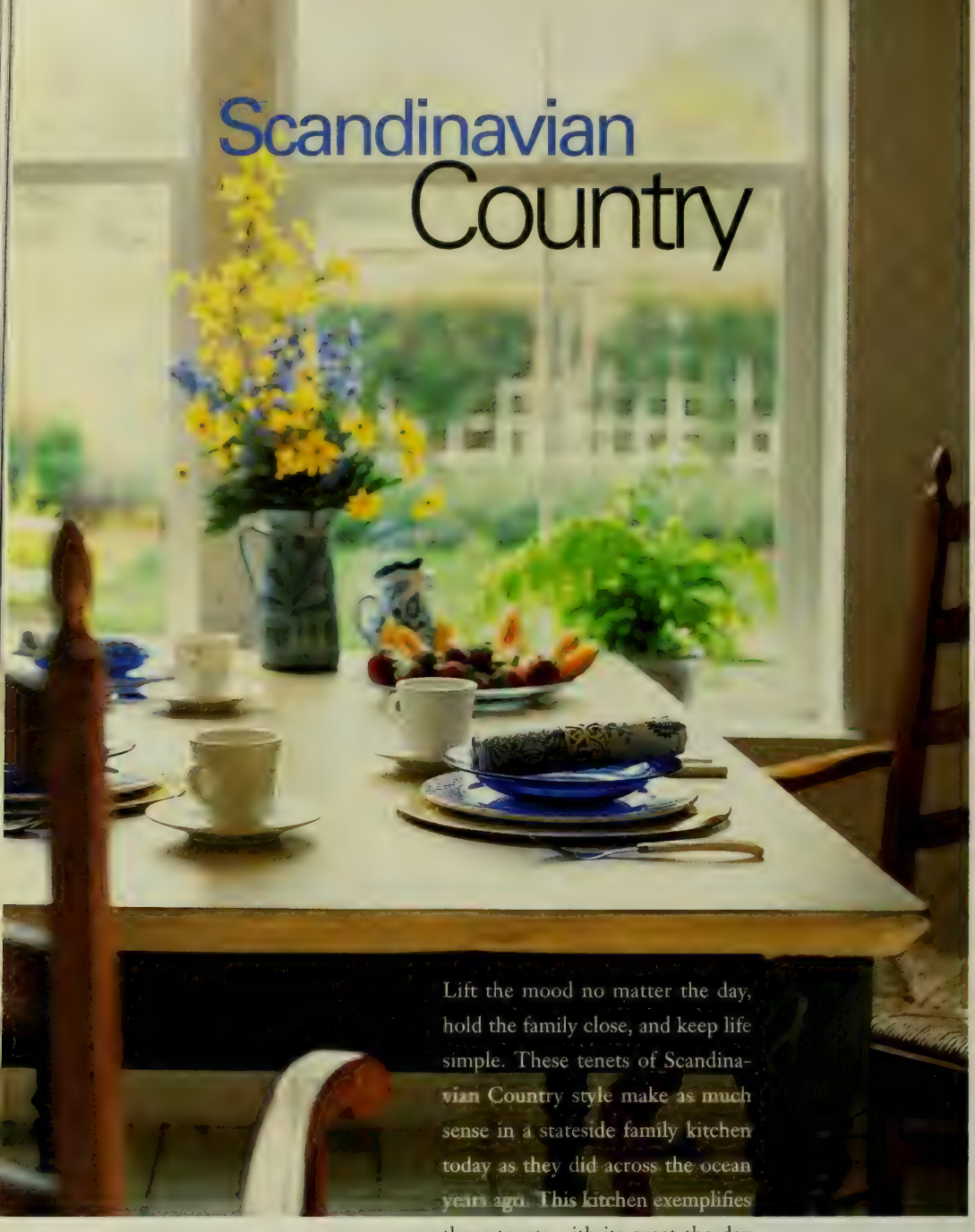


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Scandinavian Country



Lift the mood no matter the day, hold the family close, and keep life simple. These tenets of Scandinavian Country style make as much sense in a stateside family kitchen today as they did across the ocean years ago. This kitchen exemplifies those tenets with its greet-the-day colors, friendly layout, and elemental materials. Wood—in the simple knotty pine cabinets and furniture pieces—adds warmth. Panes of glass in the plentiful windows and hutch keep rays of refreshing sunlight bouncing through the kitchen.

continued on page 30

by Cynthia Pearson

Placed by the window, the family's dining space takes in a pretty garden view.


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Scandinavian Country

continued from page 28

Close without chaos

A floor plan promoting proximity without chaos is the key to family harmony in this open kitchen. About half of the 16×40-foot space is devoted to cooking and quieter pursuits; the other half opens toward the media room for entertaining and gathering. Foot traffic is directed around the work centers and seating areas. "This kitchen is the hub of the house and full of activity," says architect Jill Williams, "Yet people can move through the spaces without tripping over one another."







At the kitchen's center, a wood-topped island provides additional work space and steers foot traffic around the U-shape work core. The island's open style keeps the look light. The piece could have been made portable or freestanding; by fixing it to the floor, however, it was possible to run wiring to an electrical appliance outlet on the side, boosting the island's versatility.

A lively mix of blue and white hand-painted tiles energizes the kitchen (*above*). Around the cooktop (*top left*) and on the floor (*bottom left*), painted tiles mixed with less expensive white tiles deliver color and pattern without excessive cost.

continued on page 32

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Scandinavian Country

continued from page 30

Practicality at work

The kitchen's peninsula leads to patio doors, drawing foot traffic around the work core and adjacent media room rather than through them. Yet cooks are close to everyone and everything going on.

With a sink and dishwasher on the media room side of the U-shape kitchen core, a cooktop on the opposite side, and countertop in between, there's plenty of room for multiple family cooks to be at work together. The multitasking peninsula performs as a kitchen prep or cleanup area, a snack bar, or a serving buffet for patio parties just outside the door. By having one person retrieving dishes from the patio and another person scrubbing at the sink, the peninsula's design makes quick work of party cleanup.

Extending from the kitchen is a media room with a fireplace and TV. The family gathers here to read or watch a show together—never far from a snack or from someone packing lunches for the next day.





The end of the peninsula (*left*) is raised 6 inches to conceal kitchen clutter from the adjacent media room. While working at the peninsula (*above*), the cook can chat with family members or keep an eye on the TV news.

continued on page 34

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continued from page 32



A home office that uses a combination hutch-desk to blend into the eating area lets Mom or Dad work on the computer while the other cooks. Hanging file storage is hidden behind lower doors.

Better together

Williams purposefully placed the dining and home office area at the kitchen's end, across the core from the noisier media room. It's a quieter space ideal for dining with family, spending time on the computer, and doing homework near Mom and Dad. "This is for a family that values their time together," Williams says. "Here they can move away from distractions and television. They can share meals together, talk, laugh, and focus on each other."

Buying information, page 244

SCANDINAVIAN STYLE

Invigorating and restorative, the elements of Scandinavian Country style have come to resonate with people around the world. To bring it to your own home, pick up some inspiration from a short list of design hallmarks described below.

- Rooms that promote togetherness.
- Color in energizing, high-contrast schemes, such as blue/white, red/white, and blue/yellow.
- Simply styled, affordable, warm woods for cupboards and furniture, either plain or painted.
- Glass, for its ability to reflect mood-enhancing light.
- Open-back chairs and see-through furnishings, such as the island, that allow light to flow through.
- Hand-painted tiles and ceramics in mixed combinations of pattern and tone; also stencilled walls.
- Furnishings that serve multiple uses (such as this kitchen's table, island, and peninsula).



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8/01

by James A. Hufnagel



Mud Rooms to the Max

Made for Maine's "mud season"

Lisa and Jim Morris quickly learned about Maine's mud season when they moved to Portland nine years ago. "We are knee-deep in mud from March through May," Lisa says. Their old mud room was a cramped back hall where everyone bumped into one another. When Lisa and Jim added a garage and master suite, they decided to incorporate a proper mud room: a place where their family members could sit down, take off their boots, and hang up wet clothes. Sweaters, hats, and backpacks hang along a crisp white beadboard wall.

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Mud Rooms to the Max

continued from page 36



The new mud room melds with an existing half bath (*left*) that formerly opened off the kitchen. Slate flooring in both spaces cleans easily, stands up to heavy traffic, and doesn't show dirt. A boot bench (*below*) stows boots and rain gear in one side, blankets and clothing in the other. Mail comes through a slot next to the door and drops onto the bench.



Cubbies (*right*) were custom-tailored to hold baskets. Each family member has one, and other baskets hold items such as sports accessories, cleaning products, tools, and bug and sun lotions. Cabinets above store equipment that's not frequently used.



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Mud Rooms to the Max

continued from page 38



The mud room's storage wall (*left*) includes a drawer for each family member; the one for 11-year-old Molly Wehlage includes her jump rope, hat, and school projects (*below*). Across from the cabinets is a mirror (*bottom*) that Martin, Molly's dad, painted to match the room.





A colorful transition

Beth Wehlage wanted a "dumping ground" near her home's side door so that coats, hats, and homework wouldn't end up on the kitchen counter. Instead of sticking with a standard color scheme, she splashed the room with her favorite hues: red, yellow, and "wild pumpkin" orange. A mirror sporting a bright checkerboard frame hangs to the right of the door, amplifying the scheme. "Walking out the door, I thought this would be a great place for a mirror," Beth says. "It lets you get a last glimpse of yourself before going out into the world." ⌂

Buying information, page 244

Sniffling?

Sneezing?

Congested?

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BRIEF SUMMARY (For full Prescribing Information, see package insert.)
INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established.
CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.
WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.

If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.
PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.

Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported.

Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.

When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully.

Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.

Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis).

At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.

In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at a dose of 15 mcg/kg.

Pregnancy: *Teratogenic Effects: Pregnancy Category C:* Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 14 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), microphthalmia, umbilical hernias, and delayed ossification were observed in rat pups.

In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and/or delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).

In an oral developmental study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in most rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.

Seven hundred and twenty (720) patients 3 to 11 years of age were t... with mometasone furoate nasal spray, 50 mcg (100 mcg total daily do... controlled clinical trials. Safety and effectiveness in children less than 3... of age have not been established.

A clinical study has been conducted for one year in pediatric patients... 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (10... total daily dose) on growth velocity. No statistically significant effect on g... velocity was observed for NASONEX Nasal Spray, 50 mcg compa... placebo. No evidence of clinically relevant HPA axis suppression was obs... following a 30-minute Cosyntropin infusion.

The potential of NASONEX Nasal Spray, 50 mcg to cause growth su... sion in susceptible patients or when given at higher doses cannot be rule...

Geriatric Use: A total of 203 patients above 64 years of age (age range... 85 years) have been treated with NASONEX Nasal Spray, 50 mcg for... 3 months. The adverse reactions reported in this population were sim... type and incidence to those reported by younger patients.

ADVERSE REACTIONS In controlled US and International clinical stud... total of 3210 adult and adolescent patients ages 12 years and older re... treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mc... The majority of patients (n = 2103) were treated with 200 mcg/day. In... trolled US and International studies, a total of 990 pediatric patients (age... 11 years) received treatment with NASONEX Nasal Spray, 50 mcg, at do... 25 to 200 mcg/day. The majority of pediatric patients (720) were treate... 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients hav... treated for 1 year or longer. The overall incidence of adverse events for p... treated with NASONEX Nasal Spray, 50 mcg was comparable to p... treated with the vehicle placebo. Also, adverse events did not differ signifi... based on age, sex, or race. Three percent or less of patients in clinical tria... continued treatment because of adverse events; this rate was similar t... vehicle and active comparators.

All adverse events (regardless of relationship to treatment) reported i... or more of adult and adolescent patients ages 12 years and older who re... NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by pediatric patients a... to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day i... ical trials vs placebo and that were more common with NASONEX Nasal ... 50 mcg than placebo, are displayed in the table below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patie... Ages 3 to 11 ye...
	NASONEX 200 mcg (N = 2103)	VEHICLE PLACEBO (N = 1671)	NASONEX 100 mcg (N = 374)	VEH... PLAC... (N = ...
Headache	26	22	17	1...
Viral Infection	14	11	8	...
Pharyngitis	12	10	10	1...
Epistaxis/Blood-Tinged Mucus	11	6	8	...
Coughing	7	6	13	1...
Upper Respiratory Tract Infection	6	2	5	...
Dysmenorrhea	5	3	1	...
Musculoskeletal Pain	5	3	1	...
Sinusitis	5	3	4	...
Vomiting	1	1	5	...

Other adverse events which occurred in less than 5% but greater t... equal to 2% of mometasone furoate adult and adolescent patients ... 12 years and older) treated with 200-mcg doses (regardless of relations... treatment), and more frequently than in the placebo group included: arth... asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earac... like symptoms, myalgia, nausea, and rhinitis.

Other adverse events which occurred in less than 5% but greater t... equal to 2% of mometasone furoate pediatric patients ages 3 to 11 ... treated with 100-mcg doses vs placebo (regardless of relationship to ... ment) and more frequently than in the placebo group included: diarrhea... irritation, otitis media, and wheezing.

Rare cases of nasal ulcers and nasal and oral candidiasis were also re... in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in p... treated for longer than 4 weeks.

In postmarketing surveillance of this product, cases of nasal burning a... tation, anaphylaxis and angioedema, and rare cases of nasal septal perfo... have been reported.

OVERDOSAGE There are no data available on the effects of acute or c... overdosage with NASONEX Nasal Spray, 50 mcg. Because of low sy... bioavailability, and an absence of acute drug-related systemic findings i... cal studies, overdose is unlikely to require any therapy other than observ... Intranasal administration of 1600 mcg (8 times the recommended d... NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human v... teers, was well tolerated with no increased incidence of adverse events ... intranasal doses up to 4000 mcg have been studied in human volunteers ... no adverse effects reported. Single oral doses up to 8000 mcg have been ... ied in human volunteers with no adverse effects reported. Chronic overd... with any corticosteroid may result in signs or symptoms of hypercor... (see **PRECAUTIONS**). Acute overdosage with this dosage form is u... since one bottle of NASONEX Nasal Spray, 50 mcg contains approxi... 8500 mcg of mometasone furoate.

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Wake up, walls! There's no quicker way to invigorate a space then with a fresh wall treatment. But before you think about picking up a paintbrush, take a look at four new wall dressing ideas. Each comes with lots of character and style—and a twist.

Whimsical Walls



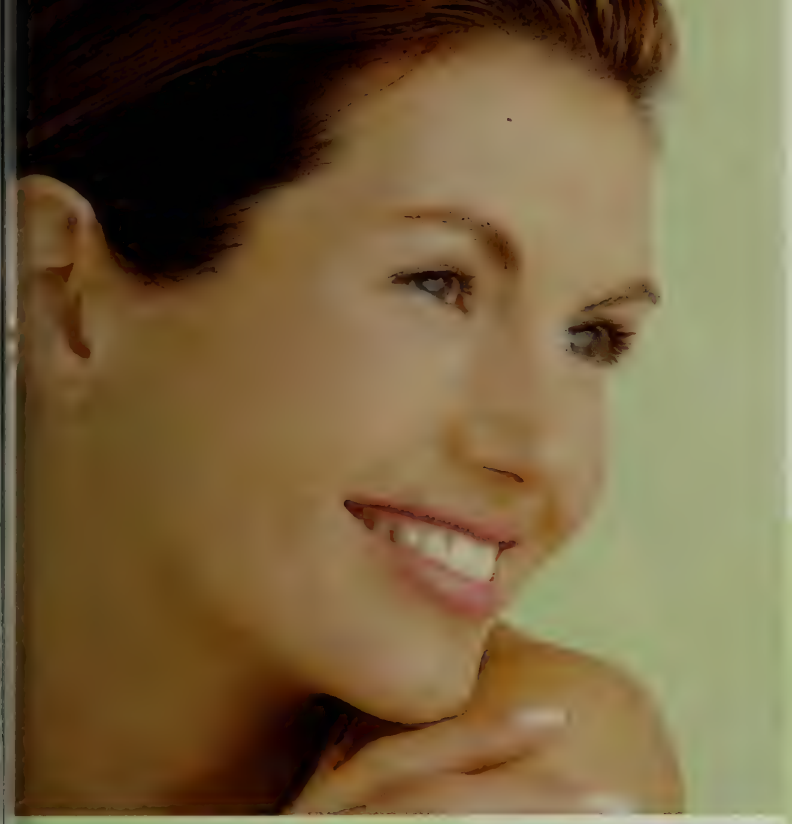
Swedish Stencil

Solid and simple, an overscaled stencil gives this breakfast room an energizing lift. The 9-inch-deep border gets its zing from crisp color and playful scallops and flowers. Glossy white shiplap paneling up to plate-rail height is a textural supporting player for the stencil. To stay true to the Swedish inspiration, you could also choose sunny yellow or red wall paint.

To make the stencil, cut a 9-inch paper plate in half, overlap the two halves, and tape them together. Retrace the scallops as many times as necessary to ring the room. (Tip: Start and stop in an inconspicuous corner or above a door, in case you can't complete a scallop when you reach the end.) Make a separate stencil for the 5-inch-square flower, and position it 2 inches below each scallop valley.

continued on page 46

To purchase a wall stencil, see page 81



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Whimsical Walls

continued from page 44

Blush Blocks

Give a room modern serenity by painting blocks on the wall in several similar shades. These blush tones are flattering, just as a flush of rosy color brightens a cheek, but you can choose any palette. You'll need seven shades of the same color to create the look. Measure the space between your crown and base molding and divide by seven. This will tell you how tall the blocks should be. Use a pencil and level to mark off the blocks. Then, label the blocks with a color using a hard lead pencil and a light touch. We lined up the colors in a row, then offset the next row by two blocks. This gave us a subtle, random look. Using low-tack painter's tape, mask all the squares of one shade, roll on paint, remove tape (unless a second coat is needed), and let dry. Repeat for remaining colors.

continued on page 48



Seven shades ranging from pink to peach block the walls (*above*). For the best results, pick eggshell-finish paint in hues that are neighbors on the manufacturer's color cards and of similar value or intensity.



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Clean up
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Pier 1 imports

Whimsical Walls

continued from page 46



Shade Shift

For a look that brings quiet drama to big walls, stack broad bands of textured color, alternating between two similar hues. This wall treatment has the subtle look of decorative rag-painting, but it's actually strips of 24-inch-wide wallpaper hung horizontally. Lavender tones are an elegant backdrop, but a pairing of blues, greens, or oranges could be striking as well. The key is in the tone-on-tone subtlety. To hang the wallpaper across—rather than down—the walls, have another person hold the bulky, wet paper while you smooth it onto the wall. Use a level to make sure the strips are straight. Choosing paper that's no wider than 24 inches will enable four or five bands to fit on a wall, depending on the height of your ceiling. Tip: Don't trim the width. This may create a crooked edge and result in messy seams.



To create your own broad-band backdrop, choose a paper design with random textural pattern that's limited to a single color. Then choose two very similar shades. The two tones of this paper (*above*) have a mottled, ragged-on look.

continued on page 50

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Whimsical Walls

continued from page 48

Hang It Up

Celebrate your child's inner artist by having a favorite drawing made into custom wallpaper. We gave bright flower drawings to a company that scanned them to produce the wallpaper above the chair rail (*right*). Some companies that specialize in imaging (look them up under "signs and banners" in the phone book) can scan artwork or photographs that you supply and arrange a pattern and repeat. The unpasted wallpaper can be made in widths up to 50 inches, so you could even create a mural. A child's name, favorite sayings, or footprints and handprints all can make charming wall coverings. This custom wallpaper is more expensive than some readymade wallpapers, but you can stretch your decorating budget—and give the one-of-a-kind look more prominence—by papering partial walls or a single wall.

Buying information, page 244





Painted stripes with the same watercolor effect complement the flowers. Dilute latex paint with water to get a 1:1 ratio of paint to water. Mark where the stripes should fall along the chair rail and baseboard, then connect the marks with freehand stripes. Vary the width of the stripes by using different paintbrushes.

"Synvisc can be a great approach to osteoarthritis knee pain relief."

Nancy Lopez–Hall of Fame Professional Golfer and Synvisc Patient

isc is a novel treatment for osteoarthritis) knee pain. Synvisc is an FDA-approved ıpy that has already been administered to l million knees in the U.S.

isc can provide up to 6 months of knee relief. And because it is not a drug and is nistered directly into the knee (in just 3 doctor over 15 days), it is not likely to affect any other of your body.

isc can provide a cushion of long-lasting relief. In knees with osteoarthritis, the vial fluid has deteriorated, losing its cushioning protective qualities. That's one of the reasons you experience pain and difficulty moving. sc acts as healthy, young synovial fluid (as the in an 18- to 27-year-old knee joint), which cates and cushions healthy joints. With Synvisc, may find that you're able to return to a level of lom and activity you never thought possible.



- **Up to 6 months of relief**
- **No pills to take**
- **FDA approved**
- **Used on over 1 million knees in the U.S.**

Learn more about Synvisc!
Call toll free 1–888–638–9133
· a free video, a booklet, and a list of Synvisc providers near you.



SYNVISC®
HYLAN G-F 20

ık to a knee pain specialist…or ask your doctor for a referral.

visc is generally well tolerated; however, it may not work for everyone. The most commonly reported effects are temporary pain, swelling, and/or fluid accumulation in the injected knee (about 2% of injections). id accumulation is large or painful, call your doctor. Other side effects, such as rash, have been reported ly. Advise your doctor if you are allergic to chicken products or your leg is swollen or infected. The results epeat use have not been established.

visc therapy is usually covered by most medical plans, including Medicare. If you have questions about rance coverage, please see additional information on the next page.

w.synvisc.com **Please see additional important Patient Information on the next page.**

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DISCOVER RELIEF FOR OSTEOARTHRITIS KNEE PAIN.

SYNVISC®
HYLAN G-F 20

BRIEF SUMMARY OF PRESCRIBING INFORMATION
This Summary describes Synvisc, a prescription formulation of hylan G-F 20 for knee pain due to osteoarthritis. Please read it carefully. Only your doctor has the training necessary to weigh the benefits and risks of Synvisc therapy for you. Contact your doctor if you have any questions.

WHAT IS SYNVISC?
Synvisc is a viscous and elastic sterile mixture that is made up of hylan A fluid, hylan B gel, and salt water. The two hylans are manufactured from hyaluronan (sodium hyaluronate) that comes from chicken combs. Hyaluronan is a natural chemical found in the body and is present in a particularly high amount in joint tissues and in the fluid that fills the joint. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint, and is needed for the joint to operate properly. In osteoarthritis, there may not be enough hyaluronan, and there may be a change in the quality of the hyaluronan in joint fluid and tissues. Synvisc has comparable viscous and elastic properties to synovial fluid of 18- to 27-year-old healthy human knees. Synvisc is given by a series of injections directly into your knee.

WHAT IS SYNVISC USED FOR?
Synvisc is used to relieve knee pain due to osteoarthritis. It is used for patients who do not get adequate relief from simple painkillers or from exercise and physical therapy. The most pain relief and the greatest amount of treatment success occurred 8 to 12 weeks after Synvisc treatment began.

HOW CAN I GET MORE INFORMATION ABOUT SYNVISC?
If you have any questions or would like to find out more about Synvisc, you may call Wyeth-Ayerst Pharmaceuticals, at 1-800-99-WYETH.

CONTRAINDICATIONS
- Do not administer to patients with known hypersensitivity (allergy) to hyaluronan (sodium hyaluronate) preparations.
- Do not inject Synvisc in the knees of patients having knee joint infections or skin diseases or infections in the area of the injection site.

WARNINGS
- Do not concomitantly use disinfectants containing quaternary ammonium salts for skin preparation because hyaluronan can precipitate in their presence.
- Do not inject Synvisc extra-articularly, or into the synovial tissues and capsule. Local and systemic adverse events, generally in the area of the injection, have occurred following extra-articular injection of Synvisc.
- Intravascular injections of Synvisc may cause systemic adverse events.

PRECAUTIONS
General
- The effectiveness of a single treatment cycle of less than three injections of Synvisc has not been established.
- The safety and effectiveness of Synvisc in locations other than the knee and for conditions other than osteoarthritis have not been established.
- Do not inject anesthetics or other medications into the knee joint during Synvisc therapy. Such medications may dilute Synvisc and affect its safety and effectiveness.
- Use caution when injecting Synvisc into patients who are allergic to avian proteins, feathers, and egg products.
- The safety and effectiveness of Synvisc in severely inflamed knee joints have not been established.
- Strict aseptic administration technique must be followed.
- STERILE CONTENTS. The syringe is intended for single use. The contents of the syringe must be used immediately after its packaging is opened. Discard any unused Synvisc.
- Do not use Synvisc if package is opened or damaged. Store in original packaging (protected from light) at room temperature below 86°F (30°C). DO NOT FREEZE.
- Remove synovial fluid or effusion before each Synvisc injection.
- Synvisc should be used with caution when there is evidence of lymphatic or venous stasis in that leg.

Information for Patients
- Provide patients with a copy of the Patient Labeling prior to use.
- Transient pain, swelling, and/or effusion of the injected joint may occur after intra-articular injection of Synvisc. In some cases, the effusions may be considerable and cause pronounced pain; cases where swelling is extensive should be discussed with the physician.
- As with any invasive joint procedure, it is recommended that the patient avoid any strenuous activities or prolonged weight-bearing activities such as jogging or tennis following the intra-articular injection.
- The safety and effectiveness of repeat treatment cycles of Synvisc have not been established.
- The packaging of this product contains dry natural rubber latex.

Use in Specific Populations
- **Pregnancy:** The safety and effectiveness of Synvisc have not been established in pregnant women.
- **Nursing mothers:** It is not known if Synvisc is excreted in human milk. The safety and effectiveness of Synvisc have not been established in lactating women.
- The safety and effectiveness of Synvisc have not been established in children.

ADVERSE EVENTS
Adverse Events Involving the Injected Joint
Clinical Trials
A total of 511 patients (559 knees) received 1771 injections in seven clinical trials of Synvisc. There were 39 reports in 37 patients (2.2% of injections, 7.2% of patients) of knee pain and/or swelling after these injections. Ten patients (10 knees) were treated with arthrocentesis and removal of joint effusion. Two additional patients (two knees) received treatment with intra-articular steroids. Two patients (two knees) received NSAIDs. One of these patients also received arthrocentesis. One patient was treated with arthroscopy. The remaining patients with adverse events localized to the knee received no treatment or only analgesics.
Postmarket Experience
The most common adverse events reported have been pain, swelling and/or effusion involving the injected knee. In some cases, the effusion was considerable and caused pronounced pain. In some instances, patients have presented with knees that were tender, warm and red. It is important to rule out infection or crystalline arthropathies in such cases. Synovial fluid aspirates of varying volumes have revealed a range of cell counts, from very few to over 50,000 cells/mm³. Reported treatments have included symptomatic therapy (e.g., rest, ice, heat, elevation, simple analgesics and NSAIDs) and/or arthrocentesis. [illegible] articular corticosteroids have been used when infection was ex[illegible] Patients have rarely undergone arthroscopy or other procedures. R[illegible] generally abate within a few days. Clinical benefit from treatme[illegible] still occur after such reactions.
Intra-articular infections did not occur in any of the clinical trial[illegible] have been reported only rarely during clinical use of Synvisc.

Other Adverse Events
Clinical Trials
In three concurrently controlled clinical trials with a total of 112[illegible] who received Synvisc and 110 patients who received either sal[illegible] arthrocentesis, there were no statistically significant differences[illegible] numbers or types of adverse events between the group of patie[illegible] received Synvisc and the group that received control treatment.
Systemic adverse events occurred in 10 (2.0%) of the Synvisc-[illegible] patients. There was one case each of rash (thorax and back) ar[illegible] ing of the skin following Synvisc injections in these studies. The[illegible] symptoms did not recur when these patients received additiona[illegible] Synvisc injections. The remaining generalized adverse events r[illegible] were calf cramps, hemorrhoid problems, ankle edema, muscle[illegible] tonsilitis with nausea, tachyarrhythmia, phlebitis with varicositi[illegible] low back sprain.
Postmarket Experience
Other adverse events reported include: rash, *hives*, itching, *fever*, *headache, dizziness, chills*, muscle cramps, *paresthesia*, peripher[illegible] *malaise, respiratory difficulties, flushing and facial swelling*. Th[illegible] been rare reports of *thrombocytopenia* coincident with Synvisc i[illegible] (Adverse events reported *only* in worldwide postmarketing expe[illegible] not seen in clinical trials, are considered more rare and are *itali*[illegible]

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This summary provides the most important information about S[illegible] If you want to read more, ask your doctor or pharmacist to let y[illegible] the professional labeling.
This Brief Summary for Direct-to-Consumer advertising is base[illegible] Synvisc Physician Insert, CI 6082-2, Revised September 29, 20[illegible]

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74[illegible]

Important information about insurance coverage for Synvisc treatments

Synvisc is usually covered by most insurance plans. Many require that your doctor stock Synvisc. If your doctor doe[illegible] not stock Synvisc and he or she writes a Synvisc prescription for you, some insurance plans, including Medicare, m[illegible] not cover the cost. Therefore, it is recommended that you ask your doctor if his or her office stocks Synvisc. Procedu[illegible] vary from policy to policy, so please check with your doctor and/or your insurer. If you have additional questions abo[illegible] insurance coverage, please contact the Synvisc Reimbursement Hot Line at 1-800-982-8292. This toll-free number [illegible] be accessed between 9:00 AM and 6:00 PM, Eastern Time, Monday through Friday.

reader shopping

Bountiful Bower

The homeowners in our "Tucked Away" feature (*pages 119 to 126*) used a *Better Homes and Gardens*® Project Plan to build the arbor that welcomes you to their front yard. The structure provides an elegant transition between areas of the landscape. Try tucking yours under overhanging trees or training vines and roses to grow up and over. Built-in benches beckon visitors.

You can duplicate the structure (about 7×5¼×9 feet tall) with our easy-to-use plan. The blueprint contains a photo of the project, a list of materials, and clearly written instructions. The plan costs $19.95, which includes shipping, handling, and applicable sales tax. Please specify Plan No. 50852.



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So you'll have plenty of extra time

to learn to love that toothless grin

all over again.





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Stunning Staircases

continued from page 54



This staircase, also made of wood and metal, graces a contemporary split-level home. It connects to another balustrade that expands across an upper-level dining area.

Maple handrails cap lacy steel balusters painted with Hammerite, a brand of finish that crinkles as it dries, resulting in a hammered-iron look.

Owner and designer Tammy Lindsay checked out the balusters' safety with a 4-inch-wide ball. "To meet code there has to be no place that the ball can fit through," Tammy says.

Maple also sheathes the staircase stringers and matches other woodwork throughout the remodeled home.



The railing also extends across the upper-level dining area. "I wanted an open, airy design that lets light through," Tammy says. Now diners enjoy lofty views through the living room windows.

Buying information, page 244



Hurry In Today

Broyhill

spring savings event

Save Until March 17th

e During This Super Spring Savings Event!

On The Pleasant Isle® Living Room Collection

ıe winter blues good-bye! Bring springtime with this fresh room full of values from Broyhill®.

Casual Broyhill® Sofa

799[1]

Loveseat, $769[1]; Chair, $549[1]; Ottoman, $299[1]; End Table, $249; Square Lamp Table, $249; Sofa Table, $339; Rectangular Cocktail Table, $249; Left Facing Pier Unit, $449; Right Facing Pier Unit, $449, and Entertainment Center, $1449[2]. Three Piece Wall System, $2199[2] (includes Entertainment Center, Left and Right Facing Pier Units).

[1]Upholstery pieces available in other fabrics and/or leathers. Prices vary according to fabric selection and style. Select frames also available as sleepers.
[2]Unit accommodates most 36" televisions. Check the dimensions of the product and your individual TV for compatibility before purchasing.

For a participating retailer nearest you call 877-346-5383. Visit our web site at www.broyhillfurn.com.

Broyhill spring savings event

Linville™ Panel Bed
$299[3]
with matching rails

Door Chest, $699, and Night Stand, $289. Available but not shown: Door Triple Dresser, $699, and Landscape Mirror, $299.
[3]Queen bed shown. Full, King and California King also available





Available but not shown: Loveseat, $769[1], and Chair-and-a-Half, $649[1].

Sofa
$799[1]

Below: Drawer Chest, $699, and Night Stand, $299. Available but not shown: Landscape Mirror, $259, and Drawer Dresser, $699.
[4]Queen bed shown. King and California King also available

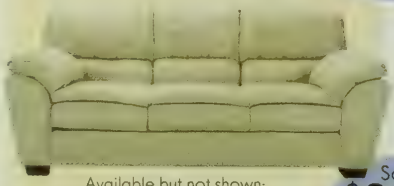


Available but not shown: Loveseat, $769[1]; Chair, $649[1], and Ottoman, $299[1].

Sofa
$799[1]

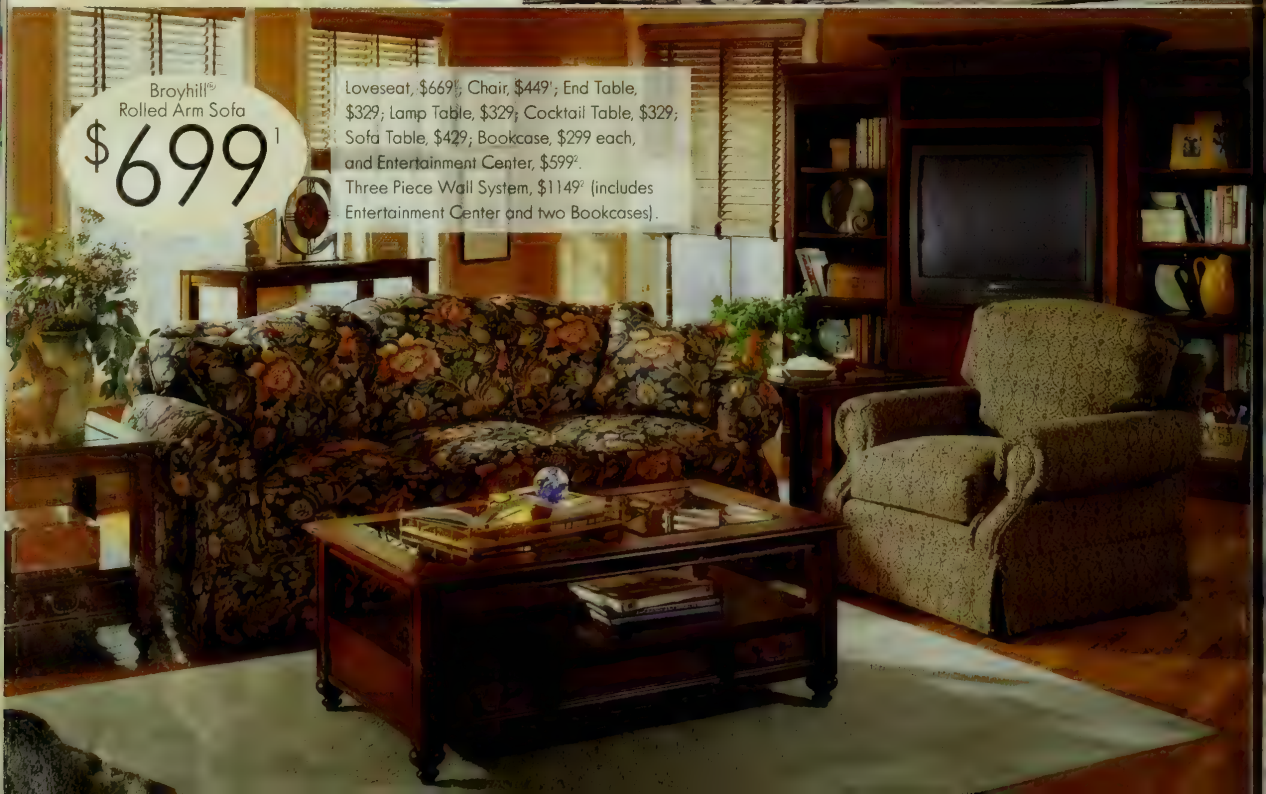


Maison Lenoir® Sleigh Bed
$599[4]
with matching rails



Available but not shown: Loveseat, $869[1], and Chair, $649[1].

Sofa
$899[1]



Broyhill® Rolled Arm Sofa
$699[1]

Loveseat, $669[1]; Chair, $449[1]; End Table, $329; Lamp Table, $329; Cocktail Table, $329; Sofa Table, $429; Bookcase, $299 each, and Entertainment Center, $599[2].
Three Piece Wall System, $1149[2] (includes Entertainment Center and two Bookcases).



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Pleasant Isle®
Panel Bed
$499[3]
with matching rails

Drawer Chest, $549, and Night Stand, $299.
[3]Queen bed shown. Full, King and California King also available.

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Broyhill®



ve: Landscape Mirror, $329,
and Door Dresser, $749.

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incredible Broyhill®
lues! But hurry...
ends March 17th!

Pleasant Isle®
Dining Room

Leg Table
& 4 Side Chairs
1099

g Table, $699; China, $1599;
Arm Chair, $229 each,
and Side Chair, $179 each.



Hurry In Today

Broyhill spring savings event

Save Until March 17th



Available but not shown: Loveseat, $1369[1]; Chair, $1049[1], and Ottoman, $449[1].

Leather Sofa $1399[1]



Available but not shown: Loveseat, $1769[1]; Chair, $1099[1], and Ottoman, $549[1].

Leather Sofa $1799[1]



Above: Continental Tapestry™ Triple Drawer Dresser, $1199; Landscape Mirror, $399, and Night



[5]7pc. Home Office System, $3099. Includes Computer Desk Unit, (two) Small Hutches, Door Hutch, File Unit, Bookcase Pedestal and Writing Desk

For a free copy of "Visions," our 26-page decorating guide, call Broyhill Consumer Assistance at 877-346-5383. Visit our web site at www.broyhillfurn.com.

Manufacturer's suggested "Smart Buys" prices effective through March 17, 2002. Prices may vary at individual retailers. All items may not be available at all locations. Furniture items may be specially ordered. AD#921, 922, 923, 924, 870,874. ©2002 Broyhill Furniture Industries, Inc.

Home Office Available in Two Styles and Four C

Visit www.broyhillfurn.com for more details

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Introducing the first premium cigarette created to significantly reduce carcinogenic PAHs, nitrosamines, catechols, and organics, which are the major causes of lung cancer in smokers.



Ultimate Kitchen Island

by Laura O'Neil



This multipurpose island takes function into triple time—as a food prep station, an informal eating area, and a command center.

Traffic jams. No place to sit. Nowhere to drop the mail. Problems plagued this 15×12-foot kitchen belonging to Kathryn and Bradley Cox of Coronado, California. With the cooktop, refrigerator, and the sink along the same wall, "the Coxes were always bumping into each other," says kitchen designer Dawn Sullivan. The couple decided to improve the overall flow and function of their modestly-sized kitchen by adding a multifaceted island.

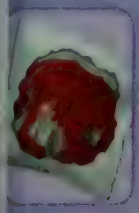
An island arrangement helps concentrate cooking activities into a small zone, so the cook doesn't have to waste time traveling back and forth across the entire room. Moving clockwise, let's begin a tour of the island at the informal dining niche (*above*). The elevated counter area makes it ideally suited for buffet-style entertaining or a quick bite before a swim.

continued on page 62

Finally. A cute bag to go with your favorite dry clean only outfit.



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02 P&G

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Wear it well



Ultimate Kitchen Island

continued from page 60

Notice, too, how the serving side of the island hides the cooktop, making it easier for the cook to conceal messy food preparation.

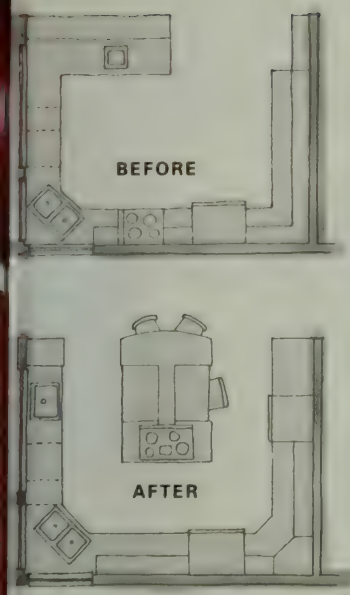
The next stop is the home's command center. This hardworking area features a full work desk with mail cubbies and drawers, whole-house intercom, and room for a computer. Our third stop showcases the island's cooktop, which formerly sat next to the refrigerator. "Now cooks can enjoy the wonderful inlet view because their backs are toward the wall—not the windows," says Dawn. To keep this station as unobstructed as possible, a downdraft vent was installed. It disappears electronically into the counter when not in use.

The final stop on the Cox's new island is a lower-level counter (*not shown*), specifically for using small electrical appliances.



Lower than the rest of the island, the desk provides an assortment of cubbies to hold letters, stationery, and other office supplies. The electrical outlet and phone jack enable this spot to become a computer work station.

Buying information, page 244





The cooktop features a downdraft vent that hides from view when not in use. Custom storage nooks for pots and pans are tucked underneath the cooktop and below the workstation (*not shown*) on the opposite side of the island.

) 2001 T-Fal



Thermospot™ by T-FAL

The key to perfect cooking begins with preheating. But how do you know when your pan is hot enough? With Thermospot there's no guessing. When the red lines turn into a solid red spot, your pan is preheated to just the right temperature. It's the cool way to start preparing a meal. Thermospot, for perfect cooking every time.®



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Capturing a Nation's Spiri

On the outstretched wings of the mighty eagle, a nation's spirit rides

They are our most cherished symbols of freedom, strength, and national pride. For wherever the American flag flies, so too does the determined spirit of the beautiful bald eagle. Soaring high above this land of the free on widespread wings, the majestic eagle is a stirring vision of dignity, power, and determination.

Now an inspiring new limited-edition collectible depicts these revered symbols of a nation in dramatic fashion. Acclaimed nature artist Larry K. Martin's vivid portrait of an eagle in graceful flight is set against a backdrop of America's stars and stripes, and is realized on translucent crystalline hand-crafted in the distinctive shape of a bald eagle.

"God Bless America" unites vivid art with dramatic sculpture

"God Bless America" features one of Larry K. Martin's most powerful works. Gliding high above our "purple mountains' majesty," a magnificent eagle is the embodiment of freedom and determination. Instead of a vast open sky behind the eagle, we see the image of an American flag—reinforcing the notion that our banner of freedom reaches far an across this great land.

The handsome crystalline sculpture, crafted in the of an eagle's profile, is a work of art in itself. Created blend of artist's resins chosen for its exceptional clar sculptural integrity, each piece is carefully detailed, f smooth beak and piercing gaze to the suggestion of l feathers on the head and neck. Just as with genuine e the uneven, faceted edges create areas that reflect lig while also adding dimension.

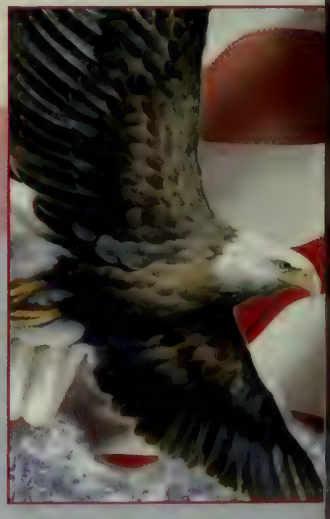
A unique presentation that will inspire you every day

Together, art and sculpture form a fascinating limited edition collectible that symbolizes the free spirit and vision of America. Act now so you don't miss out!

Each collectible in the edition is hand-numbered a accompanied by a like-numbered Certificate of Authe What's more, your satisfaction is assured with our unconditional 365-day, money-back guarantee. Pleas order today to get this inspiring presentation at the $ issue price. To order yours, send no money now. Jus out and mail in the coupon today.



Angled view shows the sculptural depth and detailing of each hand-crafted piece in the limited edition of "God Bless America."



Larry K. Martin is famed in the wildlife art world for his vivid eagle portraiture, and "God Bless America" features one of his finest works

Uniquely sculptural limited-edition is hand-crafted in the distinctive shape of an eagle's profil



Individually hand-crafted of shimmering crystalline in the distinctive shape of a bald eagle

Shown slightly larger than actual height of appr. 6½ inches

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*Plus a total of $4.99 postage and handling per collectible. Illinois residents add state sales tax. Pending credit approval. Prices are higher in Canada. Crystalline is a special blend of artist's resins chosen for its matchless clarity.

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30971-E81291

Sleek + Chic + Shiny

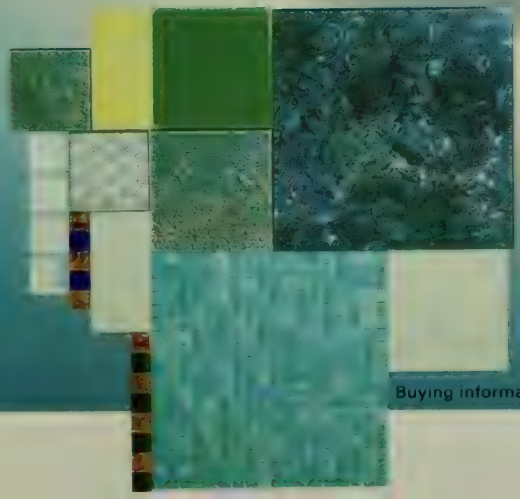
The result equals a bathroom that feels bigger and brighter. Glass is clearly *the* material to make contemporary look cool again.

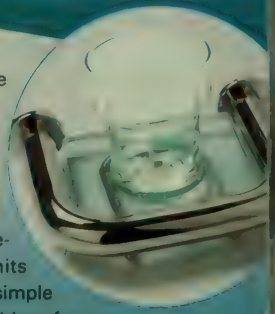
Sink. Replace a bulky vanity or pedestrian pedestal with a see-through lavatory/countertop combo (*below*) and you'll find that washing up is as entertaining as it is hygienic. This frosted-glass model is wall-mounted for a "floating" look.

Faucet. The sculptural model (*right*) sports clean lines that echo the lav's simplicity. To operate, lift the blue glass disk atop the chrome column.

Tiles. Glass tiles (*below left*) create jewel-like depth on walls, backsplashes, and light-use floors. Waterproof and easy to clean, they set a reflective underwater mood or pair with natural stone for textural contrast. Choose from net-backed mosaics or single tiles as large as 24 inches square with matte, glossy, and iridescent surfaces.







Accessories. Chrome and glass make classic partners in this wall-mount cup holder (*right*). To complement the look, choose industrial-style lighting, space-saving mirror/shelf units that pivot and fold, and simple hooks to hold everything from towels to toilet tissue.

Buying information, page 244

Can Opener





Introducing the easy open top. A new way to enjoy the great fresh taste of Maxwell House.® Easier is better.



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GOOD TO THE LAST DROP®

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by Catherine Kramer
and Sarah Egge

budget-wise bedroom makeovers



You've told us that you have bigger dreams for your bedrooms than your budget will allow. So we put our decorating editors to the challenge—what could they do to transform a bedroom with $250, and what more could they do with $2,500? Here are the wallet-friendly ideas they accomplished in two different rooms.

pretty as a flower $250



Unhappy with her room's dark mood (*left*), this homeowner was eager to make some changes. She loved her maple furniture, but she wanted to lighten its look. Her favorite color combo—classic blue and yellow—proved to be the answer.

To lighten and brighten, we sponge-painted the walls yellow, replaced the bedding with a less somber quilt and new pillowcases, and stripped the windows of dark curtains. We put back a bit of color with a valance of overlapping pillowcases, hung on the diagonal. To add personality with mix-and-match furniture, we replaced one nightstand with a plywood round table and sewed a queen-size sheet into a tablecloth. Try this to make a big impact with wall art: Replace dark mats and paint the frames white. Also, pulling up the carpet to reveal a wood floor gives the room a breath of fresh air.

where the $$$ went

quilt	$170.00
1 gallon paint	15.00
floral pillowcases	10.00
round side table	10.00
floral sheet	20.00
curtain rod	10.00
picture mats	15.00
Total	**$250.00**

continued on page 7



e are many ways to start a conversation with your kids
t not smoking. But the important thing is to get the
ersation going. Letting your kids know where you stand can
them make the right choices and resist the peer pressure
re likely to encounter. So talk with them about staying away
cigarettes. How to start the conversation is up to you.

TALK TO YOUR KIDS ABOUT
NOT SMOKING. THEY'LL LISTEN.

Youth Smoking Prevention Philip Morris USA

philipmorrisusa.com
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SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, And Emphysema.

 continued from page 68

pretty as a flower $2,500



For a little more cash, a cottage-garden style takes shape. Here, we fleshed out the details: adding a pastel rag rug for color underfoot, pumping up the bed linens with a duvet cover that plays off the wall treatment, and increasing the mat and frame size on the prints to give them more emphasis. A tailored bed skirt smartens the bedding ensemble, while windows get dressed for summer year-round with white eyelet curtain panels. By tucking in an antique wicker writing desk as a side table, we increased function and character in the room. Two slender candlestick lamps take up less bedside space and add to the cottagey feel. And, a spacious unfinished armoire received a personalized touch with floral stenciling on the drawer fronts (*right*).

where the $$$ went

bedding	$ 450.00
2 accent pillows	80.00
writing table	400.00
2 lamps	100.00
mats and frames	200.00
curtains	130.00
area rug	400.00
armoire	725.00
Total	**$2,485.00**



continued on page 72


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Raspberries & Creme
Creme Savers
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At last, the flavor you asked for.
New creamy, dreamy Raspberries and Creme.
Surrender to the Swirl™
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Artificially Flavored
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Budget-Wise Bedroom Makeovers

continued from page 70

moving on up $250

The high ceilings and big windows (*above*) of this homeowner's new bedroom presented a decorating challenge. She loved the architectural features, but without furnishings of the right scale, the room felt cold and empty.

For warmth, we chose a rich caramel wall color, and added a black line around the frameless window to highlight the feature. We mirrored the window's muntins by selecting a gridded headboard—actually, it's a home-center French door turned on its side. We frosted the panes using white paint, and shaved a little off its length. For an inexpensive window treatment, we took the sheet that was already hanging on the window, split it into panels, and hung them on a tension shower-curtain rod. A bed skirt and a wall-mounted side table, hung to accommodate the bed height, add finishing touches.

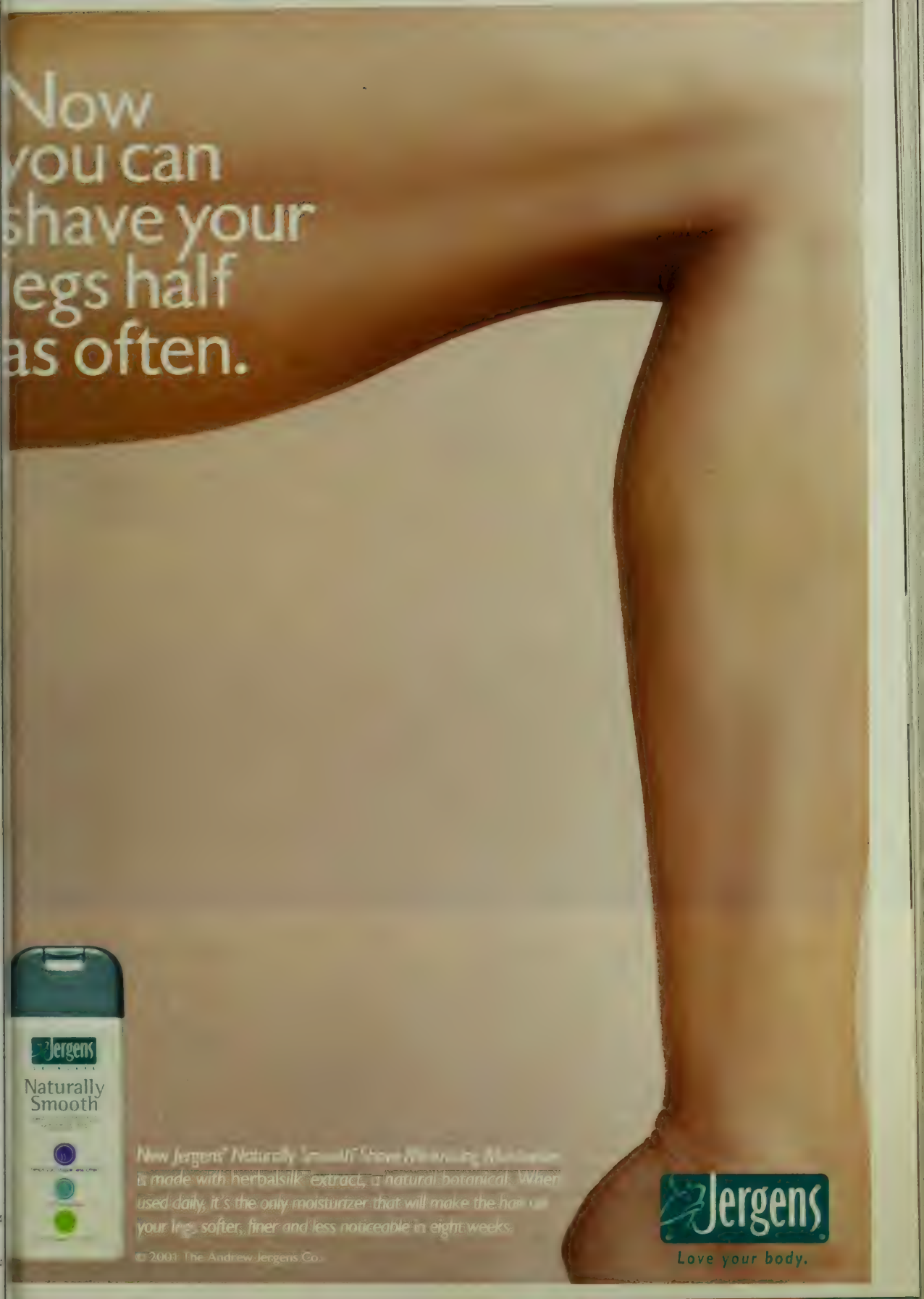
BEFORE



where the $$$ went

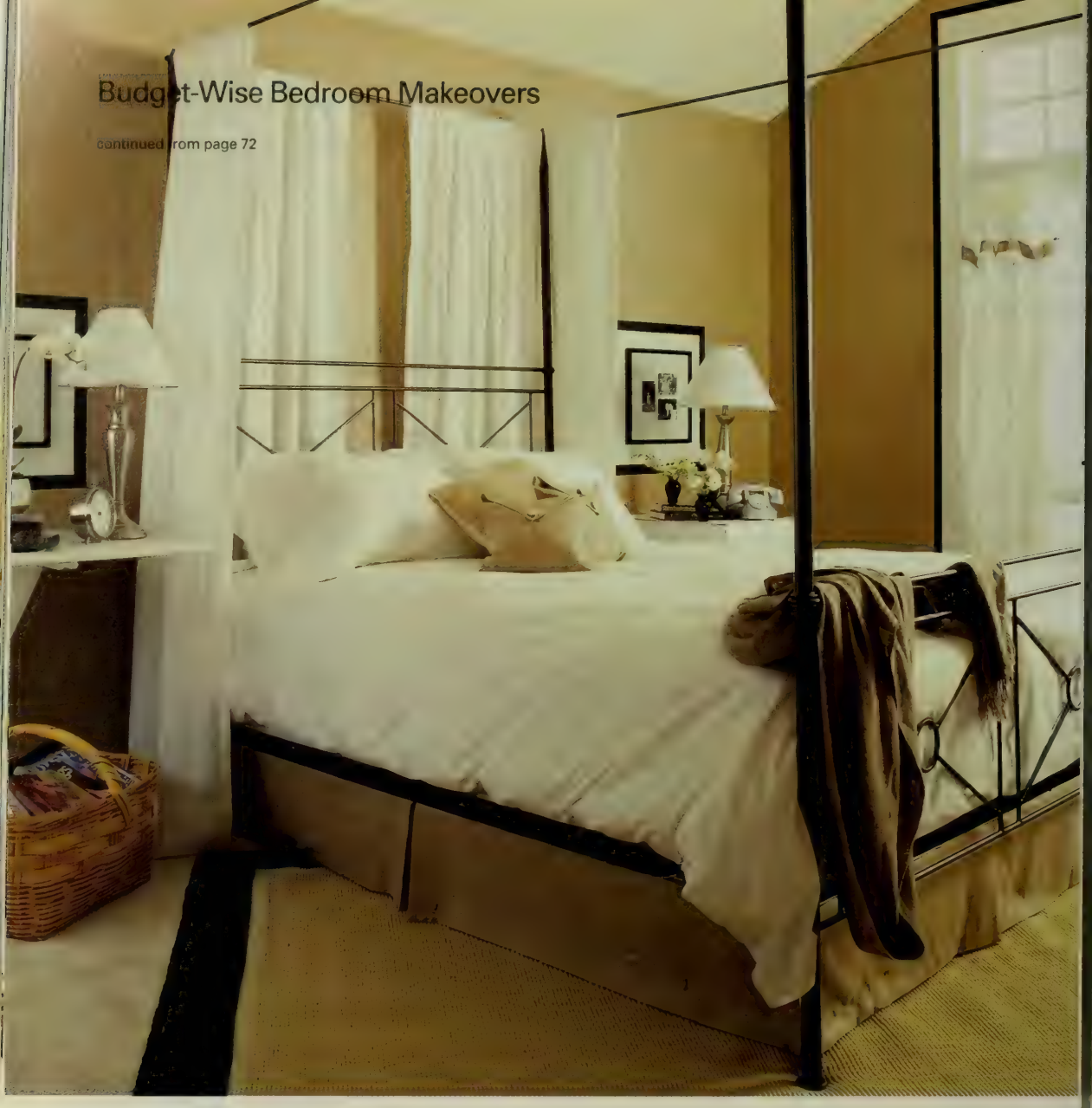
french door	$120.00
curtain rod	15.00
side table	40.00
bed skirt	25.00
2 gallons paint	50.00
Total	**$250.00**

continued on page 74


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legs half
as often.
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Naturally
Smooth
New Jergens® Naturally Smooth™ Shave Minimizing Moisturizer
is made with herbalsilk™ extract, a natural botanical. When
used daily, it's the only moisturizer that will make the hair on
your legs softer, finer and less noticeable in eight weeks.
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Jergens
Love your body.

Budget-Wise Bedroom Makeovers

continued from page 72



moving on up $2,500

What this lofty bedroom really begged for was furniture with presence. We found it in a wrought-iron canopy bed that matches the sleek, crisp lines of the architecture. The canopy allowed us to add bed curtains, which balance the frame's hard lines with softness and define a romantic room-within-a-room. New bedding with a subtle tan stripe around the perimeter and a sisal rug with a black band play up the grid theme. Some of the homeowner's framed photographs achieve prominent display above the night-stands with painted borders around their frames; these borders mimic the black-and-white border around the window.

continued on page 76

where the $$$ went

queen-size bed	$1,500.00
curtains	30.00
curtain rings	15.00
bed curtains	40.00
area rug	200.00
bedding	270.00
drawer unit	200.00
picture frames	60.00
throw	80.00
Total	**$2,395.00**



s your allergy medicine approved to treat both your indoor and outdoor allergies?

If not, talk to your doctor about switching to Zyrtec.

To learn more, visit **www.zyrtec.com.**

Why take an allergy medicine that's only approved for some of your allergies? Among leading prescription antihistamines, only Zyrtec® (cetirizine HCl) is FDA-approved to treat both year-round indoor allergies like pet dander and dust, and outdoor allergies like tree and grass pollens.

Ask your doctor about a free sample of Zyrtec, or for more information call 1-800-ZYRTEC-2.

In Zyrtec studies, side effects were mild or moderate and included drowsiness, fatigue and dry mouth. Drowsiness occurred in between 11% and 14% depending on dose, compared to 6% taking placebo.

ZYRTEC
cetirizine HCl

Lots of allergies. Just one Zyrtec.™

ease see important information about Zyrtec 5-mg and 10-mg tablets and 1-mg/mL syrup on the adjacent page.

PATIENT SUMMARY OF INFORMATION ABOUT

ZYRTEC®

cetirizine hydrochloride

(Zur'-tek) (se-teer-i-zeen) (hī-drō-klōr-īd)

This summary contains important information about ZYRTEC. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking ZYRTEC. Each time you fill your prescription, be sure to read the summary that comes with it. It could contain new information. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about ZYRTEC.

What Is ZYRTEC?

ZYRTEC is a prescription medicine for certain types of allergies in adults and children age 2 years and older. It is an antihistamine and is available as a tablet or syrup.

When you have allergies, your body releases a natural chemical called histamine that causes the sneezing, runny nose, hives, and other symptoms of allergies. ZYRTEC helps block histamine from causing these symptoms. ZYRTEC treats:

Seasonal allergies ("outdoor allergies")
During certain times of the year, there may be high levels of pollens in the air from ragweed, grass and trees. A person allergic to any of these may develop sneezing; itchy, runny nose; and red, itchy watery eyes.

Perennial allergies ("indoor allergies")
All year long, things such as dust mites, animal dander, and molds are in the air. A person allergic to any of these may have symptoms every day such as sneezing; itchy, runny nose; postnasal drip (dripping from the nose down the back of the throat); and red, itchy eyes and tearing.

Continuing (chronic) hives
Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. ZYRTEC helps relieve the itching of these hives and shortens the length of time they last.

What Should I Tell My Doctor Before Taking ZYRTEC?

Only your doctor can decide if ZYRTEC is right for you. Before you start ZYRTEC, be sure to tell your doctor if you:

- are taking **any** prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

Who Should Not Take ZYRTEC?

People who have ever had an allergic reaction to cetirizine or any of the ingredients in ZYRTEC, or to the medicine hydroxyzine (also called Atarax®*) should not take ZYRTEC. Your doctor or pharmacist can give you a list of these ingredients.

ZYRTEC And Other Medicines

Some medicines can affect how well ZYRTEC works. While on ZYRTEC, check with your doctor or pharmacist before starting any new prescription or any medicines you can buy without a prescription, including natural/herbal remedies.

How Do I Take ZYRTEC?

ZYRTEC comes as tablets (5 mg or 10 mg) as well as a syrup (5 mg/teaspoon). ZYRTEC can be taken with or without food at any time of the day. Your doctor will prescribe the dose that is right for you.

ZYRTEC Tablets
Adults and Children 12 Years and Older: Take ZYRTEC once a day.

ZYRTEC Syrup
Use a medicine spoon to measure the exact dose of ZYRTEC syrup prescribed by your doctor.
Children 6 to 11 Years: Give ZYRTEC syrup once a day.
Children 2 to 5 Years: Depending on your child's condition, the doctor may want you to give the child the full dose once a day or half the dose twice a day. Follow your doctor's instructions.

What Are The Possible Side Effects?

Like all medicines, ZYRTEC may cause some side effects. These effects are usually mild to moderate. The most common side effects in adults and children 12 years and older are:

- feeling tired or sleepy
- dizziness
- dry mouth
- sore throat

Children under the age of 12 years may have side effects such as headache, sleepiness, sore throat or stomachache.

ZYRTEC may cause other less common side effects besides those listed here. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

CAUTION: Some people may feel sleepy when taking ZYRTEC. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking ZYRTEC.

What To Do For An Overdose?

In case of accidental overdose, call your doctor or poison control center right away or go to the nearest emergency room.

How Should I Store ZYRTEC?

Store ZYRTEC tablets in a dry place and in the original container. Store at room temperature (59°-86°F or 15°-30°C). ZYRTEC syrup can be kept in the refrigerator or at room temperature (41°-86°F or 5°-30°C). Keep ZYRTEC and all medicines out of the reach of children.

For More Information About ZYRTEC

This sheet is only a summary. If you have any questions or want more information about ZYRTEC, talk with your doctor, healthcare provider or pharmacist. You can also visit the ZYRTEC Internet site at **www.zyrtec.com** or call 1-888-244-7354.

General Advice About Prescription Medicines

Do not use ZYRTEC for a condition for which it was not prescribed. Only a doctor can prescribe ZYRTEC. Do not share your ZYRTEC with other people.

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Budget-Wise Bedroom Makeovers

continued from page 74



Valance

This clever technique turns two pillowcases into a colorful handkerchief valance in the flick of a wrist. Turn the cases at an angle, then drape them over a decorative rod, overlapping the center edges.



Pillowcases

Plain pillowcases get a pretty perk-up with coordinating ribbons that are sewn around the edge.

continued on page 78

You remember how it used to be.

oo young to really help out. Too old to feel satisfied by just pretending.

But ready nonetheless, to create something real. Something special.

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e next time they ask Mom, what are we going to do today? think Easy-Bake®



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Budget-Wise Bedroom Makeovers

continued from page 76



Curtains
This clever curtain treatment (*left*) saves money and time. Fold over fabric, add grommets, and hang it from a shower curtain rod and rings.

Nightstand
Get more bedside storage with a home-center drawer unit (*below*). A custom-made linen skirt with a dark brown band dresses it up and hides the clutter.





Headboard
For a queen-size headboard, head to the home center for a basic French door (*above*). Paint it to match your scheme, and coat the panes with white crafts-store glass paint; or place pictures behind the glass.

Buying information, page 244

For more bedroom decorating ideas,check out our Web site at www.bhg.com/bedrooms

HIGH CHOLESTEROL SN'T JUST A NUMBER. IT'S A WARNING.

THREE REASONS TO ASK HOW PRAVACHOL CAN HELP PROTECT YOUR HEART.

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2. PROTECTION: Pravachol, along with diet, is the only cholesterol-lowering drug proven to help prevent both first and second heart attacks when diet and exercise aren't enough.

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MPORTANT SAFETY INFORMATION: Pravachol (pravastatin sodium), a prescription rug, is not for everyone, including women who are pregnant or nursing or may become regnant, or people with liver problems. And because serious side effects can result, tell your loctor about any unexplained muscle pain or weakness you experience while on Pravachol, and bout any other medications you are taking. Your doctor may do blood tests to check for liver roblems. Some mild side effects, such as slight rash or stomach upset, occur in 2-4% of patients.

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(pravastatin sodium) Tablets

Brief Summary of Prescribing Information. For complete prescribing information, please consult official package circular.

CONTRAINDICATIONS: Hypersensitivity to any component of this medication. Active liver disease or unexplained, persistent elevations in liver function tests (see **WARNINGS**). *Pregnancy and lactation.* Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they are contraindicated during pregnancy and in nursing mothers. **Pravastatin should be administered to women of childbearing age only when such patients are highly unlikely to conceive and have been informed of the potential hazards.** If the patient becomes pregnant while taking this class of drug, therapy should be discontinued immediately and the patient apprised of the potential hazard to the fetus (see **PRECAUTIONS: Pregnancy**).

WARNINGS: Liver Enzymes: HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. Increases of serum transaminase (ALT, AST) values to more than 3 times the upper limit of normal occurring on 2 or more (not necessarily sequential) occasions have been reported in 1.3% of patients treated with pravastatin in the US over an average period of 18 months. These abnormalities were not associated with cholestasis and did not appear to be related to treatment duration. In those patients in whom these abnormalities were believed to be related to pravastatin and who were discontinued from therapy, the transaminase levels usually fell slowly to pretreatment levels. These biochemical findings are usually asymptomatic although worldwide experience indicates that anorexia, weakness, and/or abdominal pain may also be present in rare patients. In the largest long-term placebo-controlled clinical trial with pravastatin (Pravastatin Primary Prevention Study; see **CLINICAL PHARMACOLOGY**), the overall incidence of AST and/or ALT elevations to greater than three times the upper limit of normal was 1.05% in the pravastatin group as compared to 0.75% in the placebo group. One (0.03%) pravastatin-treated patient and 2 (0.06%) placebo-treated patients were discontinued because of transaminase elevations. Of the patients with normal liver function at week 12, three of 2875 treated with pravastatin (0.10%) and one of the 2919 placebo patients (0.03%) had elevations of AST greater than three times the upper limit of normal on two consecutive measurements and/or discontinued due to elevations in transaminase levels during the 4.8 years (median treatment) of the study. **It is recommended that liver function tests be performed prior to and at 12 weeks following initiation of therapy or the elevation of dose.** Patients who develop increased transaminase levels or signs and symptoms of liver disease should be monitored with a second liver function evaluation to confirm the finding and be followed thereafter with frequent liver function tests until the abnormality(ies) return to normal. Should an increase in AST or ALT of three times the upper limit of normal or greater persist, withdrawal of pravastatin therapy is recommended. Active liver disease or unexplained transaminase elevations are contraindications to the use of pravastatin (see **CONTRAINDICATIONS**). Caution should be exercised when pravastatin is administered to patients with a history of liver disease or heavy alcohol ingestion (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**). Such patients should be closely monitored, started at the lower end of the recommended dosing range, and titrated to the desired therapeutic effect. **Skeletal Muscle: Rare cases of rhabdomyolysis with acute renal failure secondary to myoglobinuria have been reported with pravastatin and other drugs in this class.** Uncomplicated myalgia has also been reported in pravastatin-treated patients (see **ADVERSE REACTIONS**). Myopathy, defined as muscle aching or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values to greater than 10 times the upper normal limit, was rare (<0.1%) in pravastatin clinical trials. Myopathy should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. **Pravastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. Pravastatin therapy should also be temporarily withheld in any patient experiencing an acute or serious condition predisposing to the development of renal failure secondary to rhabdomyolysis, e.g., sepsis; hypotension; major surgery; trauma; severe metabolic, endocrine, or electrolyte disorders; or uncontrolled epilepsy.** The risk of myopathy during treatment with another HMG-CoA reductase inhibitor is increased with concurrent therapy with either erythromycin, cyclosporine, niacin, or fibrates. However, neither myopathy nor significant increases in CPK levels have been observed in three reports involving a total of 100 post-transplant patients (24 renal and 76 cardiac) treated for up to two years concurrently with pravastatin 10-40 mg and cyclosporine. Some of these patients also received other concomitant immunosuppressive therapies. Further, in clinical trials involving small numbers of patients who were treated concurrently with pravastatin and niacin, there were no reports of myopathy. Also, myopathy was not reported in a trial of combination pravastatin (40 mg/day) and gemfibrozil (1200 mg/day), although 4 of 75 patients on the combination showed marked CPK elevations versus one of 73 patients receiving placebo. There was a trend toward more frequent CPK elevations and patient withdrawals due to musculoskeletal symptoms in the group receiving combined treatment as compared with the groups receiving placebo, gemfibrozil, or pravastatin monotherapy (see **PRECAUTIONS: Drug Interactions**). **The use of fibrates alone may occasionally be associated with myopathy. The combined use of pravastatin and fibrates should be avoided unless the benefit of further alterations in lipid levels is likely to outweigh the increased risk of this drug combination.**

PRECAUTIONS: General: PRAVACHOL may elevate creatine phosphokinase and transaminase levels (see **ADVERSE REACTIONS**). This should be considered in the differential diagnosis of chest pain in a patient on therapy with pravastatin. *Homozygous Familial Hypercholesterolemia.* Pravastatin has not been evaluated in patients with rare homozygous familial hypercholesterolemia. In this group of patients, it has been reported that HMG-CoA reductase inhibitors are less effective because the patients lack functional LDL receptors. *Renal Insufficiency.* A single 20 mg oral dose of pravastatin was administered to 24 patients with varying degrees of renal impairment (as determined by creatinine clearance). No effect was observed on the pharmacokinetics of pravastatin or its 3α-hydroxy isomeric metabolite (SQ 31,906). A small increase was seen in mean AUC values and half-life ($t_{1/2}$) for the inactive enzymatic ring hydroxylation metabolite (SQ 31,945). Given this small sample size, the dosage administered, and the degree of individual variability, patients with renal impairment who are receiving pravastatin should be closely monitored. **Information for Patients:** Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever (see **WARNINGS: Skeletal Muscle**). **Drug Interactions:** *Immunosuppressive Drugs, Gemfibrozil, Niacin (Nicotinic Acid), Erythromycin.* See **WARNINGS: Skeletal Muscle**. *Cytochrome P450 3A4 Inhibitors: In vitro and in vivo* data indicate that pravastatin is not metabolized by cytochrome P450 3A4 to a clinically significant extent. This has been shown in studies with known cytochrome P450 3A4 inhibitors (see diltiazem and itraconazole below). Other examples of cytochrome P450 3A4 inhibitors include ketoconazole, mibefradil, and erythromycin. *Diltiazem* – Steady-state levels of diltiazem (a known, weak inhibitor of P450 3A4) had no effect on the pharmacokinetics of pravastatin. In this study, the AUC and C_{max} of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 3.6 and 4.3, respectively. *Itraconazole* – The mean AUC and C_{max} for pravastatin were increased by factors of 1.7 and 2.5, respectively, when given with itraconazole (a potent P450 3A4 inhibitor which also inhibits p-glycoprotein transport) as compared to placebo. The mean $t_{1/2}$ was not affected by itraconazole, suggesting that the relatively small increases in C_{max} and AUC were due solely to increased bioavailability rather than a decrease in clearance, consistent with inhibition of p-glycoprotein transport by itraconazole. This drug transport system is thought to affect bioavailability and excretion of HMG-CoA reductase inhibitors, including pravastatin. The AUC and C_{max} of another HMG-CoA reductase inhibitor which is known to be metabolized by cytochrome P450 3A4 increased by factors of 19 and 17, respectively, when given with itraconazole. *Antipyrine.* Since concomitant administration of pravastatin had no effect on the clearance of antipyrine, interactions with other drugs metabolized via the same hepatic cytochrome isozymes are not expected. *Cholestyramine/Colestipol.* Concomitant administration resulted in an approximately 40 to 50% decrease in the mean AUC of pravastatin. However, when pravastatin was administered 1 hour before or 4 hours after cholestyramine or 1 hour before colestipol and a standard meal, there was no clinically significant decrease in bioavailability or therapeutic effect. (See **DOSAGE AND ADMINISTRATION: Concomitant Therapy**.) *Warfarin.* Pravastatin had no clinically significant effect on prothrombin time when administered in a study to normal elderly subjects who were stabilized on warfarin. *Cimetidine.* The $AUC_{0\text{-}12\ hr}$ for pravastatin when given alone. A significant difference was observed between the AUC's for pravastatin when given with cimetidine compared to when administered with antacid. *Digoxin.* In a crossover trial involving 18 healthy male subjects given pravastatin and digoxin concurrently for 9 days, the bioavailability parameters of digoxin were not affected. The AUC of pravastatin tended to increase, but the overall bioavailability of pravastatin plus its metabolites SQ 31,906 and SQ 31,945 was not altered. *Cyclosporine.* Some investigators have measured cyclosporine levels in patients on pravastatin, and to date, these results indicate no clinically meaningful elevations in cyclosporine levels. In one single-dose study, pravastatin levels were found to be increased in cardiac transplant patients receiving cyclosporine. *Gemfibrozil.* In a crossover study in 20 healthy male volunteers given concomitant single doses of pravastatin and gemfibrozil, there was a significant decrease in urinary excretion and protein binding of pravastatin. In addition, there was a significant increase in AUC, C_{max}, and T_{max} for the pravastatin metabolite SQ 31,906. Combination therapy with pravastatin and gemfibrozil is generally not recommended. In interaction studies with *aspirin, antacids* (1 hour prior to PRAVACHOL), *cimetidine, nicotinic acid,* or *probucol,* no statistically significant differences in bioavailability were seen when PRAVACHOL was administered. **Endocrine Function:** HMG-CoA reductase inhibitors interfere with cholesterol synthesis and lower circulating cholesterol levels and, as such, might theoretically blunt adrenal or gonadal steroid hormone production. Results of clinical trials with pravastatin in males and post-menopausal females were inconsistent with regard to possible effects of the drug on basal steroid hormone levels. In a study of 21 males, the mean testosterone response to human chorionic gonadotropin was significantly reduced ($p<0.004$) after 16 weeks of treatment with 40 mg of pravastatin. However, the percentage of patients showing a ≥50% rise in plasma testosterone after human chorionic gonadotropin stimulation did not change significantly after therapy in these patients. The effects of HMG-CoA reductase inhibitors on spermatogenesis and fertility have not been studied in adequate numbers of patients. The effects, if any, of pravastatin on the pituitary-gonadal axis in premenopausal females are unknown. Patients treated with pravastatin who display clinical evidence of endocrine dysfunction should be evaluated appropriately. Caution should also be exercised if an HMG-CoA reductase inhibitor or other agent used to lower cholesterol levels is administered to patients also receiving other drugs (e.g., ketoconazole, spironolactone, cimetidine) that may diminish the levels or activity of steroid hormones. **CNS Toxicity:** CNS vascular lesions, characterized by perivascular hemorrhage and edema and mononuclear cell infiltration of perivascular spaces, were seen in dogs treated with pravastatin at a dose of 25 mg/kg/day, a dose that produced a plasma drug level about 50 times higher than the mean drug level in humans taking 40 mg/day. Similar CNS vascular lesions have been observed with several other drugs in this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion starting at 60 mg/kg/day, a dose that produced mean plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose (as measured by total enzyme inhibitory activity). This same drug also produced vestibulocochlear Wallerian-like degeneration and retinal ganglion cell chromatolysis in dogs treated for 14 weeks at 180 mg/kg/day, a dose which resulted in a mean plasma drug level similar to that seen with the 60 mg/kg/day dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In a 2-year study, rats fed pravastatin at doses of 10, 30, or 100 mg/kg body weight, there was an increased incidence of hepatocellular carcinomas in males at the highest dose ($p<0.01$). Although rats were given up to 125 times the human dose (HD) on a mg/kg body weight basis, serum drug levels were only 6 to 10 times higher than those measured in humans given 40 mg pravastatin as measured by AUC. In a 2-year study in mice fed pravastatin at doses of 250 and 500 mg/kg/day, there was increased incidence of hepatocellular carcinomas in males and females at both 250 and 500 mg/kg/day ($p<0.05$ these doses, lung adenomas in females were increased ($p=0.013$). Serum drug levels were 30 to 40 times (250 mg/kg and 50 times (500 mg/kg/day) that of humans given 40 mg pravastatin, as measured by AUC. In another 2-year study mice with doses at up to 100 mg/kg/day (producing plasma drug levels up to 5 times human drug levels at 40 mg were no drug-induced tumors. No evidence of mutagenicity was observed *in vitro* with or without rat-liver metabolic activation, in the following studies: microbial mutagen tests, using mutant strains of *Salmonella typhimurium* or *Escherichia coli*; a forward mutation assay in L5178Y TK +/- mouse lymphoma cells; a chromosomal aberration test in hamster cell culture; gene conversion assay using *Saccharomyces cerevisiae*. In addition, there was no evidence of mutagenicity in either rat or dominant lethal test in mice or a micronucleus test in mice. In a study in rats, with daily doses up to 500 mg/kg, pravastatin did not produce any adverse effects on fertility or general reproductive performance. However, in a study with another HMG-CoA reductase inhibitor, there was decreased fertility in male rats treated for 34 weeks at 25 mg/kg body weight, although this effect was not observed in a subsequent fertility study when this same dose was administered for 11 weeks (the entire period of spermatogenesis, including epididymal maturation). In rats treated with this same reductase inhibitor at 180 mg/kg, seminiferous tubule degeneration (necrosis and loss of spermatogenic epithelium) was observed. Although not seen with pravastatin, two similar drugs in this class caused drug-related testicular atrophy, decreased spermatogenesis, spermatocytic degeneration, and giant cell formation in dogs. The clinical significance of these findings is unclear. **Pregnancy Category X.** See **CONTRAINDICATIONS**. Safety in pregnant women has not been established. Pravastatin is not teratogenic in rats at doses up to 1000 mg/kg daily or in rabbits at doses of up to 50 mg/kg daily. These doses were in 20x (rabbit) or 240x (rat) the human exposure based on surface area (mg/meter^2). Rare reports of congenital anomalies have been received following intrauterine exposure to other HMG-CoA reductase inhibitors. In a review[1] of approximately 100 prospectively followed pregnancies in women exposed to simvastatin or lovastatin, the incidences of congenital anomalies, spontaneous abortions and fetal deaths/stillbirths did not exceed what would be expected in the general population. The number of cases is adequate only to exclude a three-to-four-fold increase in congenital anomalies over the background incidence. In 89% of the prospectively followed pregnancies, drug treatment was initiated prior to pregnancy and continued at some point in the first trimester when pregnancy was identified. As safety in pregnant women has not been established and there is no apparent benefit to therapy with PRAVACHOL during pregnancy (see **CONTRAINDICATIONS**), treatment should be immediately discontinued as soon as pregnancy is recognized. PRAVACHOL (pravastatin sodium) tablets should be administered to women of child-bearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. **Nursing Mothers:** A small amount of pravastatin is excreted in human breast milk. Because of the potential for serious adverse reactions in nursing infants, women taking PRAVACHOL should not nurse (see **CONTRAINDICATIONS**). **Pediatric Use:** Safety and effectiveness in individuals less than 18 years old have not been established. Hence, treatment in patients less than 18 years old is not recommended at this time. **Geriatric Use:** Two secondary prevention trials with pravastatin (CARE and LIPID) included a total of 6,593 subjects treated with pravastatin 40 mg/day (median follow-ups ranging up to 6 years. Across these two studies, 36.1% of pravastatin subjects were aged 65 and older and 0.9% were aged 75 and older. The beneficial effect of pravastatin in elderly subjects in reducing cardiovascular events and in improving lipid profiles was similar to that seen in younger subjects. The adverse event profile in the elderly was similar to that in the overall population. Other reported clinical experience has not identified differences in responses to pravastatin between elderly and younger patients. Mean pravastatin AUCs are slightly (25-50%) higher in elderly subjects than in healthy young subjects, but mean C_{max}, T_{max} and $t_{1/2}$ values are similar in both age groups and substantial accumulation of pravastatin would not be expected in the elderly (see **CLINICAL PHARMACOLOGY: Pharmacokinetics/Metabolism**).

ADVERSE REACTIONS: Pravastatin is generally well tolerated; adverse reactions have usually been mild and transient. In 4-month long placebo-controlled trials, 1.7% of pravastatin-treated patients and 1.2% of placebo-treated patients discontinued from treatment because of adverse experiences attributed to study drug therapy; this difference is not statistically significant. In long-term studies, the most common reasons for discontinuation were asymptomatic transaminase increases and mild, non-specific gastrointestinal complaints. (See also **PRECAUTIONS: Geriatric Use**.)

Adverse Clinical Events: All adverse clinical events (regardless of attribution) reported in more than 2% of pravastatin-treated patients in the placebo-controlled trials are identified in the table below, also shown are the percentages of patients for whom these medical events were believed to be related or possibly related to the drug:

	All Events		Events Attributed to Study Drug	
Body System/Event	**Pravastatin (N = 900) %**	**Placebo (N = 411) %**	**Pravastatin (N = 900) %**	**Placebo (N = 411) %**
Cardiovascular				
Cardiac Chest Pain	4.0	3.4	0.1	0.0
Dermatologic Rash	4.0*	1.1	1.3	0.9
Gastrointestinal				
Nausea/Vomiting	7.3	7.1	2.9	3.4
Diarrhea	6.2	5.6	2.0	1.9
Abdominal Pain	5.4	6.9	2.0	3.9
Constipation	4.0	7.1	2.4	5.1
Flatulence	3.3	3.6	2.7	3.4
Heartburn	2.9	1.9	2.0	0.7
General				
Fatigue	3.8	3.4	1.9	1.0
Chest Pain	3.7	1.9	0.3	0.2
Influenza	2.4*	0.7	0.0	0.0
Musculoskeletal				
Localized Pain	10.0	9.0	1.4	1.5
Myalgia	2.7	1.0	0.6	0.0
Nervous System				
Headache	6.2	3.9	1.7*	0.2
Dizziness	3.3	3.2	1.0	0.5
Renal/Genitourinary				
Urinary Abnormality	2.4	2.9	0.7	1.2
Respiratory				
Common Cold	7.0	6.3	0.0	0.0
Rhinitis	4.0	4.1	0.1	0.0
Cough	2.6	1.7	0.1	0.0

*Statistically significantly different from placebo.

In three large, placebo-controlled trials (West of Scotland Coronary Prevention study [WOS], Cholesterol and Recurrent Events study [CARE], and Long-term Intervention with Pravastatin in Ischemic Disease study [LIPID]) involving a total of 19,768 patients treated with PRAVACHOL (pravastatin sodium) (N=9895) or placebo (N=9873), the safety and tolerability profile of the pravastatin group was comparable to that of the placebo group over the median 4.8 to 5.9 years of follow-up. The following effects have been reported with drugs in this class, not all the effects listed below have necessarily been associated with pravastatin therapy. *Skeletal:* myopathy, rhabdomyolysis, arthralgia. *Neurological:* dysfunction of cerebellum, cranial nerves including alteration of taste, impairment of extra-ocular movement, facial paresis), tremor, vertigo, memory loss, dementia, peripheral neuropathy, peripheral nerve palsy, anxiety, insomnia, depression. *Hypersensitivity Reactions:* An initial manifestation of hypersensitivity syndrome has been reported rarely which has included one or more of the following features: anaphylaxis, angioedema, lupus erythematous-like syndrome, polymyalgia rheumatica, dermatomyositis, vasculitis, hemolytic anemia, thrombocytopenia, leukopenia, hemolytic anemia, positive ANA, ESR increase, eosinophilia, arthritis, arthralgia, urticaria, asthenia, photosensitivity, fever, chills, flushing, malaise, dyspnea, toxic epidermal necrolysis, erythema multiforme, including Stevens-Johnson syndrome. *Gastrointestinal* pancreatitis, hepatitis, including chronic active hepatitis, cholestatic jaundice, fatty change in liver, and, rarely, cirrhosis, fulminant hepatic necrosis, and hepatoma, anorexia, vomiting. *Skin and appendages:* alopecia, pruritus. A variety of skin changes (e.g., nodules, discoloration, dryness of skin/mucous membranes, changes in hair/nails) have been reported. *Reproductive:* gynecomastia, loss of libido, erectile dysfunction. *Eye:* progression of cataracts (lens opacities), ophthalmoplegia. *Laboratory Abnormalities:* elevated transaminases, alkaline phosphatase, and creatine phosphokinase, thyroid function abnormalities. **Laboratory Test Abnormalities:** increases in serum transaminase (ALT, AST) values (see **WARNINGS**). Transient, asymptomatic eosinophilia has been reported. Eosinophil counts have returned to normal despite continued therapy. Anemia, thrombocytopenia, and leukopenia have been reported with HMG-CoA reductase inhibitors. **Concomitant Therapy:** Pravastatin has been administered concurrently with cholestipol, nicotinic acid, probucol and gemfibrozil. Preliminary data suggest that the addition of either probucol or gemfibrozil to therapy with lovastatin or pravastatin is **not** associated with greater reduction in LDL-cholesterol than that seen with lovastatin or pravastatin alone. No adverse reactions unique to the combination or in addition to those previously reported for each drug alone have been reported. Myopathy and rhabdomyolysis (with or without acute renal failure) have been reported when another HMG-CoA reductase inhibitor was used in combination with immunosuppressive drugs, gemfibrozil, erythromycin, or lipid-lowering doses of nicotinic acid. Concomitant therapy with HMG-CoA reductase inhibitors and these agents is generally not recommended. (See **WARNINGS: Skeletal Muscle** and **PRECAUTIONS: Drug Interactions**.)

OVERDOSAGE: To date, there are two reported cases of overdosage with pravastatin, both of which were asymptomatic and not associated with clinical laboratory abnormalities. If an overdose occurs, it should be treated symptomatically and supportive measures should be instituted as required.

REFERENCE: [1]Manson JM, Freyssinges C, Ducrocq MB, Stephenson WP. Postmarketing Surveillance of Lovastatin and Simvastatin Exposure During Pregnancy. *Reproductive Toxicology* 10(6):439-446, 1996

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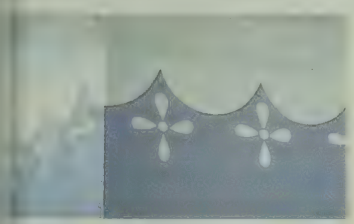
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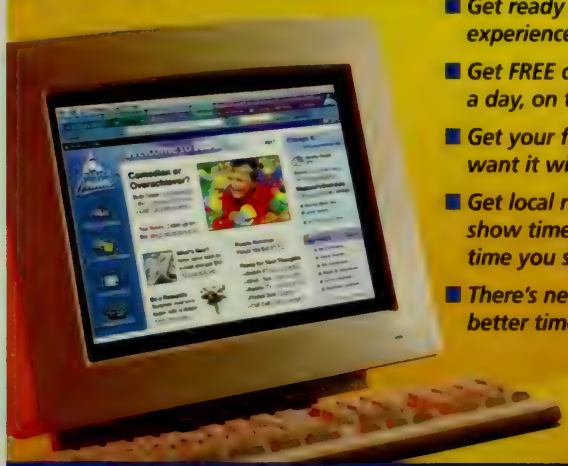


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When Kids Cheat



"I've cheated," says 18-year-old Anne Marie about schoolwork, "but I wouldn't say I'm a cheater."

It may sound like skewed logic, but this line of reasoning makes complete sense to a group of high school seniors.

Austin, 17, says he and a friend sometimes divide homework in half and then exchange answers before turning it in. He'll admit to being a slacker, but definitely not a cheater. "There are people who are way worse than me," he says.

Elizabeth, also 17, says she cheats from time to time, but never on the things she'll actually need to know later in life. And Rob, 18, thinks it's okay to cheat if the teacher isn't doing his or her job well.

It didn't take much prodding to extract these confessions once the teens were promised anonymity. They enjoyed topping one another's experiences and exposing tactics that they and their friends use. And it may come as a surprise to learn that these are exceptionally bright students, already taking courses for college credit.

A survey conducted by *Who's Who Among American High School Students* found that 80 percent of high-achieving teenagers admitted to having cheated at least once; half said they did not believe cheating was necessarily wrong; and 95 percent of the cheaters said they had never been caught.

Kids see many examples of cheating

"There's no question in my mind that a lot of students cheat because they think it's no big deal," says Donald McCabe of the Center for Academic Integrity, an education think tank. McCabe has conducted many studies on high school cheating. "They don't see society or their parents saying it's a big deal."

In fact, kids are likely to see examples of adults cheating. Each year, tax evasion costs the United States $7(billion. University of Notre Dame fired football coach George O'Leary for lying on his resume about his expe rience and credentials. A professional bridge player wa suspended from competition for manipulating a deck o cards during the shuffle and deal. Even teachers have been caught cheating for their students by providing preview of questions verbatim from standardized tests.

"Cheating is rampant in our world," says Elaine McEwan, a former elementary school principal and the author of *I Didn't Do It: Dealing With Dishonesty*. To counteract these worldly examples, she says it's impor tant that parents play a key role in preventing cheating by serving as positive role models for their children. Parents should teach their children that honesty and integrity are traits that matter in life. Furthermore McEwan says it also helps if parents get involved in thei children's academic and personal lives.

continued on page 8



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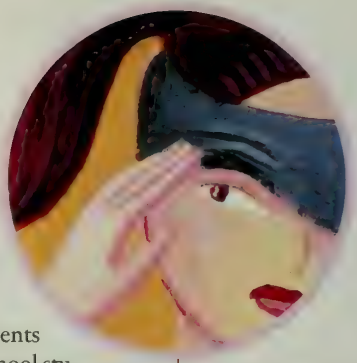
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When Kids Cheat

continued from page 82



Review children's homework and read their essays. Talk to them about their work and give suggestions if necessary, but McEwan emphasizes, don't make changes for them.

At the schoolhouse

You, as a parent, should expect your schools to address cheating. Here are some examples of what you can do:

- Ask your child's teachers to clarify their expectations to students so kids understand what constitutes cheating. Austin, the high school student that splits his homework duties with a friend, says his teachers have never addressed the issue of cheating.
- Encourage your elementary school to use character education, which deals with issues of honesty and integrity. After South Dakota incorporated the program in about half its public schools, cheating on exams declined 30 percent in three years.
- Ask your high school to adopt an honor code similar to those at universities. McCabe says honor codes make cheating socially unacceptable.

Worthington Kilborne High School in Ohio has a detailed honor code that explains core values of honesty, trust, fairness, respect, and responsibility. And included on most exams and assignments is this honor code statement: "As a student of integrity at WKHS, I have neither given nor received unauthorized aid on this assignment."

Honor codes aren't perfect. About 130 University of Virginia students cheated on a physics term paper last year, despite the school's strict honor code. The students face expulsion or revocation of their degrees. On the plus side, an honor code defines cheating and establishes consequences for violations. At Worthington Kilborne, students caught cheating face detention and, in extreme cases, loss of future scholarships.

Worthington Kilborne also subscribes to TurnItIn.com, a Web site paid by educators to detect plagiarism in student papers. The school allows students to use the program to check their own work.

"Our goal is not to catch kids cheating or being bad," says English teacher Dave Miller. "Our goal is to increase scholarship."

When your child cheats

If your child cheats, be concerned but know that it isn't the end of the world.

"They aren't going to jail," McEwan says. "On the other hand, if you don't take it seriously and don't let your child know there is a right and wrong, you may plant a seed that cheating is easy. If it continues to work for them, then it may become their preferred strategy for dealing with a problem."

Encourage children to be honest, and ask why they cheated. Prevent the reason in the future and you may prevent the cheating, Miller says. Also, be certain that students understand that what they did was cheating. Be prepared to answer the most common defense for cheating, which was offered up by Anne Marie. "There's nobody who doesn't cheat. Everybody does it."

"When my kids gave me that tired refrain, I told them that doesn't make a difference and that it is wrong nonetheless," McEwan says. "The purpose of being in school is to learn and do work for yourself. In the short term you may feel good about it, but in the long run you'll feel bad."

For now, Anne Marie doesn't feel much guilt about cheating. She just shrugs and says, "I don't think it makes me morally corrupt."

WHAT DO I DO IF MY FRIEND IS CHEATING?

During a math test, your child notices his best friend is cheating. Should he say something to his friend? Does the teacher need to be notified? Bev Bonge-Ganser, a school counselor in Wisconsin, says parents can prepare their children for these difficult situations.

- Teach young children about when keeping a secret is fine. "Good secrets, such as not telling mom about her birthday present, make us feel happy, while bad secrets make us feel sad or uncomfortable," Bonge-Ganser says.
- If your child wants to talk to his friend about the problem, he should use "I" statements to remove the feeling of blame or accusation. For example: "When you cheat on your math test, I feel angry that you aren't being honest."
- If the cheating continues, your child may need to talk to a school official, with or without you. Remind your child that telling (to stop a behavior that is harmful) is different than tattling (in order to get someone in trouble).
- Your child may want to present his problem as a hypothetical. By talking about a friend of a friend who cheats, he'll get good advice and won't feel disloyal.

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 by Dan Carney



Cars That Can Save Your Life

It could have been a nightmare for Elaine Murroda. The Westford, Massachusetts, resident was piloting her BMW 5-Series sedan when it was struck head-on by a large sport/utility vehicle. Despite the wrenching impact, Murroda and her 7-year-old niece, who was riding in the backseat, both walked away from the wreckage without a scratch. Paramedics told her, "It's cars like yours that make our jobs easier."

Surviving a major accident is partly a matter of luck, but some cars do a superior job

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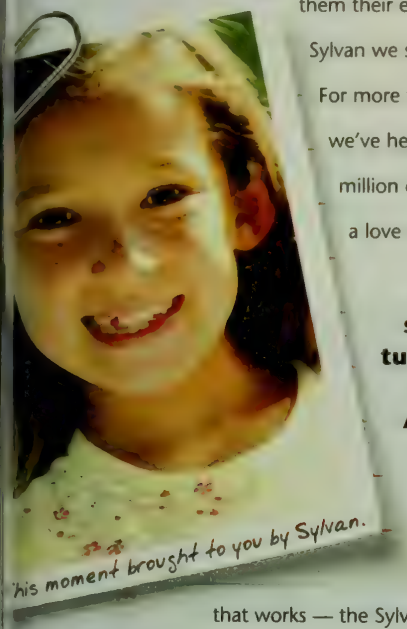
of protecting their occupants. So how do you find cars like Murroda's—the ones that let the paramedics take life easy? Start with the results from the two safety testing centers that make their results public—the Insurance Institute for Highway Safety and the federal government's Department of Transportation. *Better Homes and Gardens*® searched through more than 200 test results from the two major crash centers to come up with three short lists (see *page 88*) of current models likely to provide that extra measure of protection.

To make our top list, cars had to win top five-star scores in the government's full-frontal test for both driver and front passenger safety, *and* had to score an overall "good"

continued on page 88

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Your Family Car

continued from page 86

rating in the insurance institute's offset crash. Among cars tested by both labs, the Volvo S80 is the clear leader, achieving the highest possible score in every category. The Lincoln LS also nearly ran the table, with top ratings for all categories except driver's seat side-impact protection, where it earned four stars. Chevrolet Impala, Ford Taurus, and Volkswagen Passat are family cars that provide good

best in two tests

Name Auto	Side Impact Front	Side Impact Rear	Offset Crash
1. Volvo S80	★★★★★	★★★★★	Best pick
2. Lincoln LS	★★★★	★★★★★	Best pick
3. Volkswagen Passat	★★★★	★★★★	Best pick
4. Chevrolet Impala	★★★★	★★★★	Good
5. Ford Taurus/ Mercury Sable	★★★	★★★	Best pick

These cars performed well on side-impact tests, as shown *above*. In separate, full-frontal crashes all earned five stars.

small but sturdy

Name Auto	Side Impact Front	Side Impact Rear	Offset Crash
1. Honda Civic (2-door)	★★★★★	★★★★★	Best pick
2. Volkswagen Golf	Not Tested	Not Tested	Good
3. Volkswagen Jetta	★★★★	★★★★	Good
4. Ford Focus (4-door)	★★★	★★★★	Good
5. Honda Civic (4-door)	★★★★	★★★★	Best pick
6. Volkswagen Beetle	★★★★	★★★★	Best pick

Compact cars *above* earned top ratings in full-frontal tests, but those results should not be compared with those of large cars.

one-test wonders

The six luxury cars listed below scored a good rating on the insurance institute's offset crash test, just as the Volvo and Lincoln did (see top chart). But they have never been tested in the government's frontal or side-impact program, so we can't compare them with the cars that did well on all the safety tests. It's possible that these cars offer even greater protection than some of those on the list above. All six were named "best picks" by the insurance safety center.

- BMW 5-Series
- Buick Park Avenue
- Cadillac Seville
- Lexus LS-430
- Mercedes C-Class
- Mercedes E-Class

ccupant safety, though the Ford aurus and its near-twin Mercury able offer less-than-stellar three ar side-impact protection.

Two top-selling cars—Honda ccord and Toyota Camry—just issed our "best" list. The edesigned 2002 Camry has not yet een tested, although earlier models ad excellent crash tests. The Accord arned a second-best "acceptable" ating from the insurance institute.

If you're interested in a smaller ar, check out the "Small but Sturdy" st (see *page 88*), but avoid compar- ig their results with those of large ars because of the substantial weight ifferences.

"Some of the small cars are mazingly crashworthy, especially n frontal and offset crashes," said Roger Kurrus, chief of consumer uto safety information at the National Highway Transportation Safety Administration. "But if you get hit by something twice as big, you are not going to fare well. You can't deny physics. The heavier the car, all other things being equal, the better off you will be."

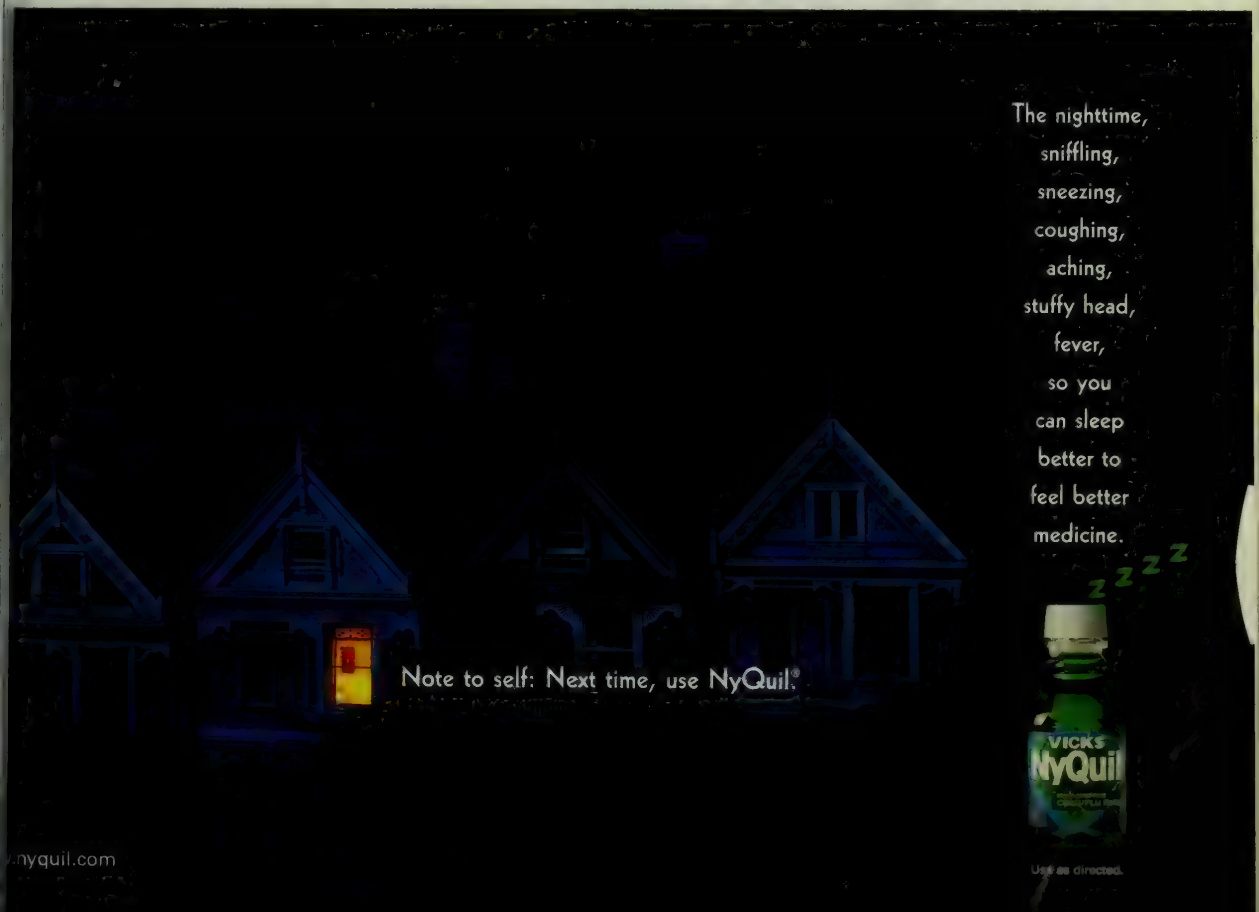
Brian O'Neill, president of the Insurance Institute for Highway Safety, which operates the auto insurers' crash lab, agrees that size matters, but says there is a point of diminishing returns. "That doesn't mean you must seek out the largest and heaviest vehicles out there," he said. "There is a point at which you don't get much more advantage from a larger vehicle. At 3,500 pounds and above, you are not gaining much by being in an even larger and heavier vehicle."

Should you avoid small cars entirely, even the top-scoring small cars? "Certainly not," says Kurrus, "but this is a very gray area." Despite the uncertainty, today's 2,800-pound small cars provide much better protection than compacts of the not-so-distant past. A five-star compact car that collides with a car 500 pounds heavier may fare well, but there is no test proof.

"It is not necessarily that bad to buy a smaller car," says Ralph Hitchcock, a consultant and former federal safety official. "If you are in the five-passenger size, you aren't going to be all that unsafe. A smaller, lighter car that got five stars may be as safe as a heavier car that got three stars," he said.

Although frontal crash ratings cannot be compared between big cars and small ones, side-impact scores can be. A compact car such as the Honda Civic two-door that scores five stars in the side-impact

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Your Family Car

continued from page 89

test offers better protection than a bigger car that scores fewer stars.

Because the government's frontal test is head-on and the insurance industry uses an offset crash, the two approaches sometimes yield conflicting results. Most safety consultants say the insurance industry's test is more rigorous because of the higher speed (40 mph compared to 35 mph) and because the impact is concentrated on the driver's side of the car, rather than spread evenly across the front of the vehicle. This is a tougher test of the car's strength, and is seen as more representative of the type of crashes that happen in the real world.

Also, the two test centers aren't able to test every new car, leaving gaps in our knowledge. Both the government and the insurance institute concentrate on popular family cars, such as Taurus, Accord, and Camry, the kind Americans buy by the millions. But the labs don't have the money and time to crash expensive cars that fewer buyers purchase. Yet these large luxury cars, because they contain the latest safety technologies, are likely to deliver top-notch protection. Examples include the Audi A8, Mercedes S-Class, and BMW 7-Series. To demonstrate that point, Audi opened its own pocketbook to pay for a front-end crash test of the A8. The car earned five-star ratings for driver and passenger.

No matter what car you drive, safety consultants say that cautious defensive driving and skillful evasive action can prevent many crashes from occurring. Avoid side impacts, which are frequently lethal, by taking care not to turn left in front of oncoming traffic and by watching at intersections for red light runners.

Choosing a maneuverable, crisp-handling car seems to be a sensible way to improve your chances of avoiding a collision, but there is no research to prove it. "The crash reduction potential of vehicles that handle better—and of some of the advanced features, such as vehicle stability control—have yet to be established quantitatively," says federal safety spokesman Kurrus. "Intuitively you would presume there would be a crash reduction potential in better handling."

Hitchcock thinks so too. "You can miss being in a crash because of the greater maneuverability," he says. "Crash avoidance is a big factor."

Crash-test consultant Harley Holt agrees. "I never buy anything to crash it," says Holt. "I would prefer to have a maneuverable car, so I can get out of trouble."

What should buyers look for in a car to enhance maneuverability and improve their chances of missing the crash in the first place? "You'd want antilock brakes and stability control,

A no-cost safety tip [illegible] or car
[illegible] vers can [illegible]

if it is available," says Hitchcock.

Vehicle stability control systems can help prevent a common driving mistake that all too often results in a head-on collision. "Very often a serious crash involves dropping a wheel off the road, then the driver overcorrects and crosses over the center line into a head-on collision," said Hitchcock. Stability control systems can help drivers ease the car back onto the road without shooting across into oncoming traffic.

In addition to good crash tests, sharp handling, and stability systems, there are other factors to consider too. Comfort, surprisingly, is one of them. Occupants need to be comfortable inside the car, with the seat belts fitting properly. "There are adjustable belts and pretensioners," said Kurrus. "By making the belts more comfortable, you make them more usable."



Also, make sure that shoulder straps are available in all of the car's seats. "If you transport children frequently, you might want to make sure the middle backseat position has a shoulder belt," Kurrus said.

Side air bags and air curtains provide critical extra protection in a side impact. An insurance institute test of two Volvo S80s, one with side air bags for head protection and the second with its side air bags removed, showed the air bags meant the difference between fatal head injuries for the rear seat passenger and walking away with only minor injuries. Both cars were rammed with a pickup truck traveling 32 mph. "These tests demonstrate that head air bags can make serious vehicle-to-vehicle side impacts more survivable by preventing the intruding vehicle from striking occupants' heads," O'Neill said.

Finally, for a simple, no-cost safety feature, choose cars with bright colors that stand out. "Buy your car by color," urges Holt. "Don't hide in the crowd." ⌂





nothing but the truth

by Caralee Adams

It's bound to happen. Talk to your kids about sensitive topics, such as illegal drugs, underage drinking, or sexual activity, and they'll ask: "Well, what did you do at my age?"

Don't panic, say the experts. Instead, think of this as an opportunity to share your experiences—and what you learned from them.

"Honesty is the only policy," says William Damon, developmental psychologist and director of the Stanford University Center on Adolescence. "It's important not to lie to kids—or even shade the truth—because you lose your credibility. Kids will never listen to you, and you're passing on the message that it's okay to lie."

While being truthful, don't feel compelled to share every gory detail of a past transgression. You don't want to volunteer so much information that it sounds as if you are bragging. But do tell enough to make your point about the consequences of risky behavior. "You can withhold information," says Damon. "But do so very sparingly."

Kids have much to learn from our past mistakes, if we are willing to talk about them. In fact, when trying to pass along important moral messages, telling personal stories can be powerful. While deciding how much to reveal about your past, experts suggest responding to your child's questions and providing information that is age appropriate.

By admitting your mistakes, you are conveying important values of honesty, courage, and responsibility.

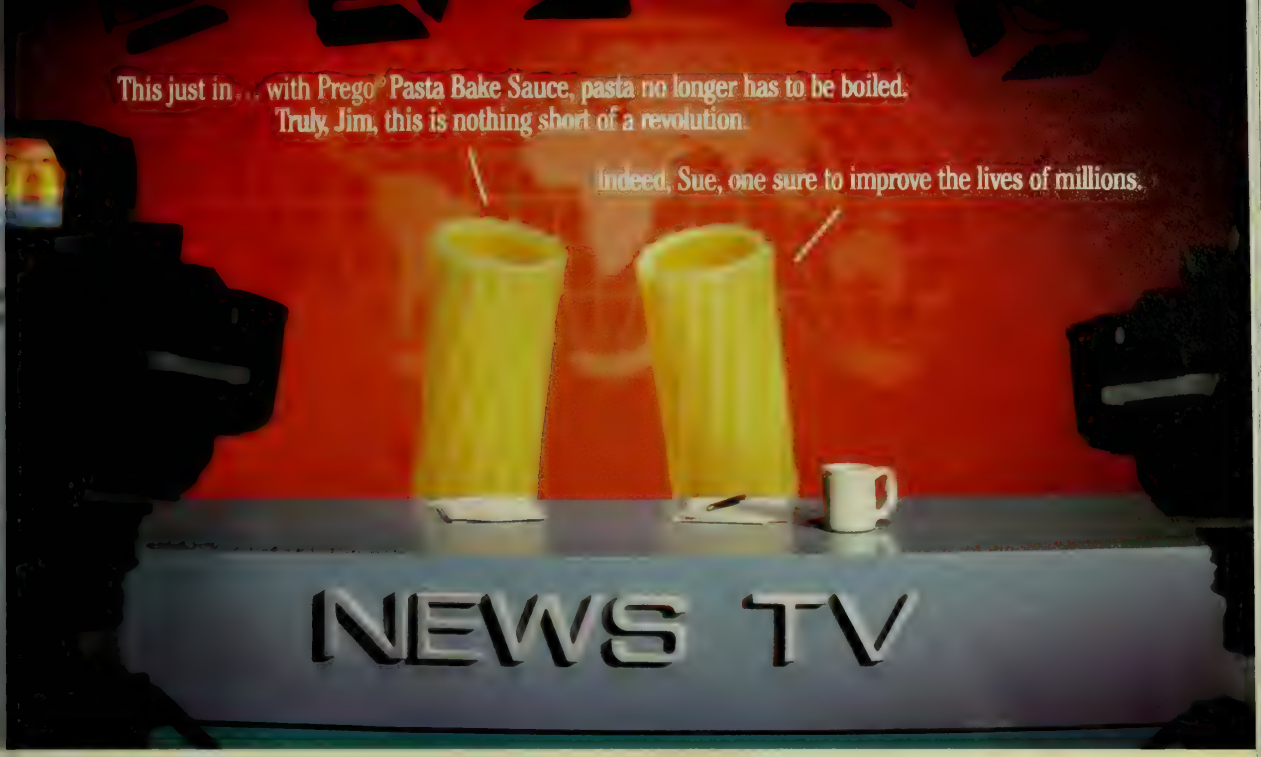
Be prepared

Many parents are caught off-guard by questions about their past and don't know how much they want to divulge.

"Start early. Think through your values and what you want them to know," says Michele Borba, an educational consultant from Palm Springs, California, and author of *Building Moral Intelligence* (2001). "It's important for kids to know not just the facts, but to know the reason they need to be cautious."

Questions about drugs, drinking, and sex will likely come up early. Parents often underestimate their children's ability to understand these issues. It's a mistake to wait until the teenage years to initiate these discussions. Plant the seeds about these issues at an early age and build on them as your kids mature. Try to foster a close relationship, so your kids can feel comfortable talking about their concerns with you.

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Tell the Truth continued from page 92

Rather than waiting for the question to arise, Borba says to offer stories about your past to break the ice and effectively teach moral lessons. "Kids don't like lectures, they like personal stories," she says. "They aren't as interested in the facts as they are about the point." Explain the consequences of your choices. Talk about good choices and bad choices: If you do this, then this could happen to you.



How much to tell?

Even if it's difficult or embarrassing, try to be as forthcoming as possible, says Peter Sheras, clinical psychologist and professor of education at the University of Virginia in Charlottesville. "They'll know the minute you are stonewalling," he says. Kids will likely find out the truth eventually, so it's best if you are the one to provide the facts.

Share what your feelings were at the time and what you know now. Talk about what you did right and where you messed up. "Try to get to the point without being graphic," he says. For instance, don't discuss the amount of marijuana you smoked; emphasize the lesson you learned.

Or, if you smoked cigarettes years ago, explain that before the health risks were known teens thought it was cool to smoke. But now the danger is clear and you encourage them to avoid the unhealthy habit.

Also, ask kids why they want to know about your past. Getting some idea of what has led them to a question helps with your response. Provide enough information to satisfy their curiosity without revealing more than they can process.

On some issues, such as sex, it's okay to say, "It's personal," says Borba. Every parent is going to have a different comfort level about how much to divulge. But, she adds, you can still find teachable moments. For example, Borba suggests when watching sex being flaunted on a television show, say, "How come nobody gets pregnant or a sexually transmitted disease? It happens in the real world." Comments like this can open the door for communication on these sensitive topics.

Talk about risks

You are trying to teach your child the concept of risk, says Damon. Telling about the mistakes you've made can help kids understand what can happen. Adolescents have not matured enough to understand risk as fully as adults do, he says. Talk about the pain that an experience may have caused you and others. Convey to your child that you are telling your story because you want them to be spared that pain.

When talking about your past transgressions, be careful not to turn them into funny family lore, says James Windell, a clinical psychologist from Royal Oak, Michigan. For example, if there is a family gathering and you are reminiscing about drinking alcohol as a teen, it may come across as bragging. Instead, share any stories about your underage drinking in private with your child and emphasize how maybe you were frightened or in danger and what you want them to learn from your mistake.

If it is difficult for you to talk about an incident, tell your child just that, says Jim Fay, coauthor of *Love and Logic Magic: When Kids Leave You Speechless* (2001). Sometime you might have to preface a story by admitting that a past mistake makes you feel guilty or humiliated.

"Kids don't want to know for historical purposes," he says. "They are looking for license to try it themselves." Therefore, emphasize that sharing your past doesn't give permission. Help kids see that they should learn from your disclosure and be more responsible, Fay says.

Be a role model now

Won't revealing your true self affect your ability to be a role model to your kids? Well, it depends what you are trying to model, says Damon. "You do not want to model perfection," he says. Rather, by discussing past mistakes, parents can model that they are honest, that they can be responsible for their actions, and that they learned from their experiences. "You can model that you have the courage to confront your imperfection," Damon says.

Rather than worrying about the messages of your history, focus on what you are modeling today, says Borba. "It's the everyday examples that they are looking for that are far more important than your past," she says. For example, do your children hear you lie to your boss about being sick? Do you try to get older kids into a movie at a child's price? Do you drive the car after drinking? "It's what you do now that counts," she says.

Questions about drugs, drinking, and sex will likely come up early in your child's life. Rather than waiting for the questions to arise, offer stories about your past to break the ice and teach moral lessons.

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by Laura O'Neil



Living Air Cleaners

Houseplants do more than make our homes pretty. They can play an integral role in improving the very essence of our lives—the air we breathe.

Anytime you buy new linens, carpeting, or other home furnishings, you bring the chemicals used in their manufacture into your house as well. Even unbagging your dry cleaning can expose you to contaminants. These volatile organic chemicals (VOCs) make up a portion of the air pollution that exists inside our homes. Even when you can't smell them anymore, VOCs pollute the air enough to irritate your respiratory tract and cause headaches, sinus congestion, and fatigue.

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For more information, check out *How to Grow Fresh Air: 50 Houseplants That Purify Your Home or Office*, by former NASA scientist Dr. B.C. Wolverton, or the Plants for Clean Air Council's Web site at www.plants4cleanair.org.

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BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system:

Body as a Whole: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; ***Cardiovascular:*** flushing, hypertension, tachycardia; ***Endocrine:*** goiter; ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; ***Hearing:*** earache, tinnitus; ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis; ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis) was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-**ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

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Prilosec® *(omeprazole)*
20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND US**

Erosive Esophagitis: PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the hea
erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole** PRILOSEC De
Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PREC**
TIONS Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic ga
has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information**
Patients: PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushe
should be swallowed whole. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfar
phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophyll
propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 s
(eg, cyclosporine, disulfiram, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the d
of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion; therefore, it is theore
possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavai
(eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the admi
tion of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenicity s
in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose,
on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in bot
and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. G
carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes.
of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for on
then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of trea
related ECL cell hyperplasia was observed at the end of one year (94% treated vs 10% controls). By the second year the diff
between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. An u
primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female rats
for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one
is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrenc
the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assa
in vitro mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250
the human dose gave a borderline result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micron
study at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general
ductive performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human
was not toxic or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology s
conducted in pregnant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rab
doses up to 69 mg/kg/day (approximately 172 times the human dose) did not disclose any evidence for a teratogenic poter
omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human
produced dose-related increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embry
toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole
138.0 mg/kg/day (approximately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pr
women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have re
omeprazole during pregnancy. Omeprazole should be used during pregnancy only if the potential benefit justifies the potential
the fetus. **Nursing Mothers:** It is not known whether omeprazole is excreted in human milk. In rats, omeprazole adminis
during late gestation and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased
gain in pups. Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in
infants from omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies,
sion should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the
the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** No
differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical expe
has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older indiv
cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duodenal
Zollinger-Ellison syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or
patients on therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by
tigators as possibly, probably or definitely related to the drug:

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=195)
Headache	69 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in interm
double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients
placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *Body as a*
site unspecified: Abdominal Pain 5.2% and 3.3%; Asthenia 1.3% and 0.8%; *Digestive System:* Constipation 1.5 and 0.8; D
3.7 and 2.5; Flatulence 2.7 and 5.8; Nausea 4.0 and 6.7; Vomiting 3.2 and 10.0; Acid regurgitation 1.9 and 3.3; *N*
System/Psychiatric: Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects in do
and/or international trials, or occurring since the drug was marketed, are shown below within each body system. In many inst
the relationship to PRILOSEC was unclear. *Body As a Whole:* Allergic reactions, including, rarely, anaphylaxis (see also *Skin*
fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitation,
blood pressure, peripheral edema. *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discolo
esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic gland
have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastroduodena
noids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is believed to be
festation of the underlying condition, which is known to be associated with such tumors. *Hepatic:* Mild and, rarely, marked ele
of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase, and bilirubin (jaundice)]
instances, overt liver disease has occurred, including hepatocellular, cholestatic, or mixed hepatitis, liver necrosis (some
hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional:* Hyponatremia, hypoglycemia, weight
Musculoskeletal: Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic disturb
including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, anxiety
abnormalities; vertigo, paresthesia, hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and, rarely,
severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome, and er
multiforme (some severe); purpura and/or petechiae (some with rechallenge), skin inflammation, urticaria, angioedema, p
alopecia, dry skin, hyperhidrosis. *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some with
rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hematuria,
suria, testicular pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), thrombocyt
neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported.

OVERDOSAGE Rare reports have been received of overdosage with omeprazole. Doses ranged from 320 mg to 9
(16-45 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness,
vision, tachycardia, nausea, diaphoresis, flushing, headache, and dry mouth. Symptoms were transient, and no serious
outcome has been reported. No specific antidote for omeprazole overdosage is known. Omeprazole is extensively protein bou
is, therefore, not readily dialyzable. In the event of overdosage, treatment should be symptomatic and supportive.

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NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with them.

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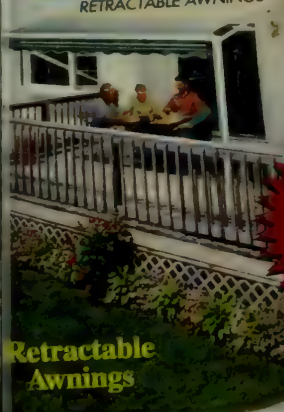
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Black hollyhock

Alcea rosea Nigra

editor's choice

A Cut-Rate Cutie

Not everyone wants you to know this, but sometimes the most gorgeous plants don't cost $9 apiece, or $5, or even $1. Some blooming beauties, like this striking black hollyhock, can be purchased for a penny apiece—that is, if you grow them from seed.

Whether you consider *Alcea Nigra* a short-lived perennial or a true biennial (the debate continues), the fact of the matter is that if you buy seeds you will probably end up with more plants than you can possibly use. And that's always a nice position to be in. Mature *Nigras* also reseed themselves, so no matter how you classify them, the black hollyhock will return year after year.

While you can scratch seeds into garden soil, we like to start plants in small nursery pots. They're easier to monitor this way, and it makes for more precise siting later. Plant three to five seeds per pot, just barely under the soil. Eliminate the weaklings after a few weeks, saving the strongest one per pot. You can either do this now in the greenhouse or after last frost outside. Plant them a couple weeks later when the roots are developed. Other pricey plants that easily start from seed include delphiniums, foxgloves, black-eyed Susans, and coneflowers. There are, of course, many more. Just don't let on where you heard this.

- **Light:** Full sun.
- **Hardiness:** To minus 30°.
- **Growth habit:** Maybe 6 feet tall, about 1½ feet wide.
- **Bloom time:** All summer long.

continued on page 102

by Craig Summers Black

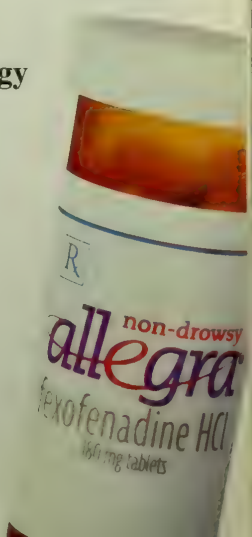




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k to your doctor today about your allergies and free Allegra samples. more information, call 1-800-allegra or visit allegra.com.

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se see additional important information on next page.

Brief Summary of Prescribing Information as of November 2000

ALLEGRA®
(fexofenadine hydrochloride)
Capsules and Tablets

INDICATIONS AND USAGE
Seasonal Allergic Rhinitis
ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.
Chronic Idiopathic Urticaria
ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS
ALLEGRA is contraindicated in patients with known hypersensitivity to any ingredients.

PRECAUTIONS
Drug Interaction with Erythromycin and Ketoconazole
Fexofenadine hydrochloride has been shown to exhibit minimal (ca 5%) metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24 each study). No differences in adverse events or QT, interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table.

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	C_{max} (Peak plasma concentration)	$AUC_{(0-12h)}$ (Extent of systemic exposure)
Erythromycin (500 mg every 8 hrs)	+82%	-109%
Ketoconazole (400 mg once daily)	+135%	-164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.
The mechanism of these interactions has been evaluated in *in vitro*, *in situ*, and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.
Drug Interactions with Antacids
Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsule) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.
Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).
In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).
Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).
Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.
Pediatric Use
The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.
The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.
The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with this condition and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.
The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.
Geriatric Use
Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY)

ADVERSE REACTIONS
Seasonal Allergic Rhinitis
Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily), and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.
In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events, including drowsiness, was not dose-related and was similar across subgroups defined by age, gender, and race.

Table 1
Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States
Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	Fexofenadine 60 mg Twice Daily (n=679)	Placebo Twice Daily (n=671)
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	Fexofenadine 180 mg once daily (n=283)	Placebo (n=293)
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.
Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2
Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	Fexofenadine 30 mg twice daily (n=209)	Placebo (n=229)
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria
Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3
Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	Fexofenadine 60 mg twice daily (n=166)	Placebo (n=178)
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include: insomnia, nervousness, and sleep disorders or paronina. In rare cases, rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.
OVERDOSAGE
Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level), and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events in compared to placebo.
In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.
Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (1.7% removed) following terfenadine administration.
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 5000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

Prescribing Information as of November 2000

Aventis Pharmaceuticals Inc.
Kansas City, MO 64137 USA
US Patents 4,254,129; 5,375,693; 5,578,610
www.allegra.com
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ALG-JA-230-1

gardener's almanac

continued from page 100

update

Copius greens



Jeff Dawson tends 3½ acres of organic edibles at the newly opened Copia center for wine, food, and the arts in Napa, California. To ensure the freshness of greens and herbs served in the institute's restaurant, Julia's Kitchen (that's Julia, as in Child), the gardens are sited right outside the kitchen door. Herbs should always be planted near the kitchen, Dawson says. If space limits you to only three herbs, plant mint, parsley, and thyme. "They're the most versatile," he says.

Buying information, page 244





More garden tips from Jeff: **Free Mulch.** Grass clippings make a perfectly good mulch. Just like pricey mulches, grass clippings maintain soil temperature, retain moisture, and discourage weeds. "And worms use the grass clippings as a food source," he says. Why do you want worms in your garden? "Worms are the primary digesters of organic matter. They break down organic matter and release nutrient value to the plants." **Sweet Mulch.** Try cocoa bean hulls as mulch. Worms really go for it. "They seem to have a sweet tooth. And it smells so good. People ask, 'Who's baking cookies?'" **Blooming Beans.** "You can use crimson-flowered fava bean as an ornamental. I'd put it in my perennial garden."



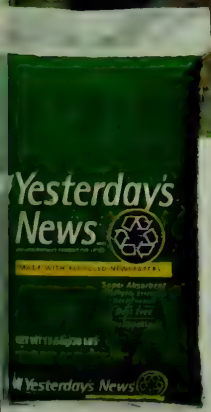
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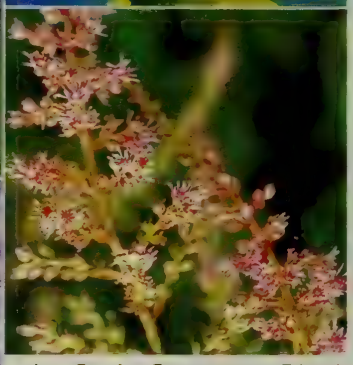
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Top 10 Perennials

by Craig Summers Black

By now, you're hooked. Your garden is increasingly a perennial one. Your yearly investment in annuals gets smaller and smaller, and every year more and more of your plantings return in the spring. Who was it who said, "Friends don't let friends plant annuals"? Well, that may be a tad harsh. Because many perennials have shortcomings, especially in the frustratingly short length of bloom time. Most annuals bloom all season long, but your standard perennials—what, four weeks?

Gardeners can have flowering perennials in their yard *all* season though, as long as they plant a select group of easy-to-grow, long-blooming perennials. A worthy trade group called the Perennial Plant Association has a yearly "plant of the year" award simply to let gardeners in on this trade secret. The group has picked a perennial annually for 13 years now, beginning with the ground cover *Phlox stolonifera* back in 1990. We at *BH&G*® just reported on their tout of the David phlox—a tall, white dandy—in the January "Our Picks" article, calling it a phlox for folks who don't like phlox. And in January 2001, we heralded the association's selection of a tall ornamental grass, the Karl Foerster calamagrostis, recounting its perfect manners (it doesn't run) and posture (it never slouches). And here we list the other 10 perennial plants of the year—a decade of all-stars, chart-topping charmers all, a veritable Top 10 of the horticultural world.

Maybe you already know a few of these power performers. Heck, maybe you know most of them. Then you, too, are already singing the praises of this perennial hit parade.

To order gardens featuring these plants, see page 116

continued on page 106



AROUND HERE, WE'RE "JEANS-AND-T-SHIRTS" BUT OUR DRESSING IS "NIGHT-ON-THE-TOWN."

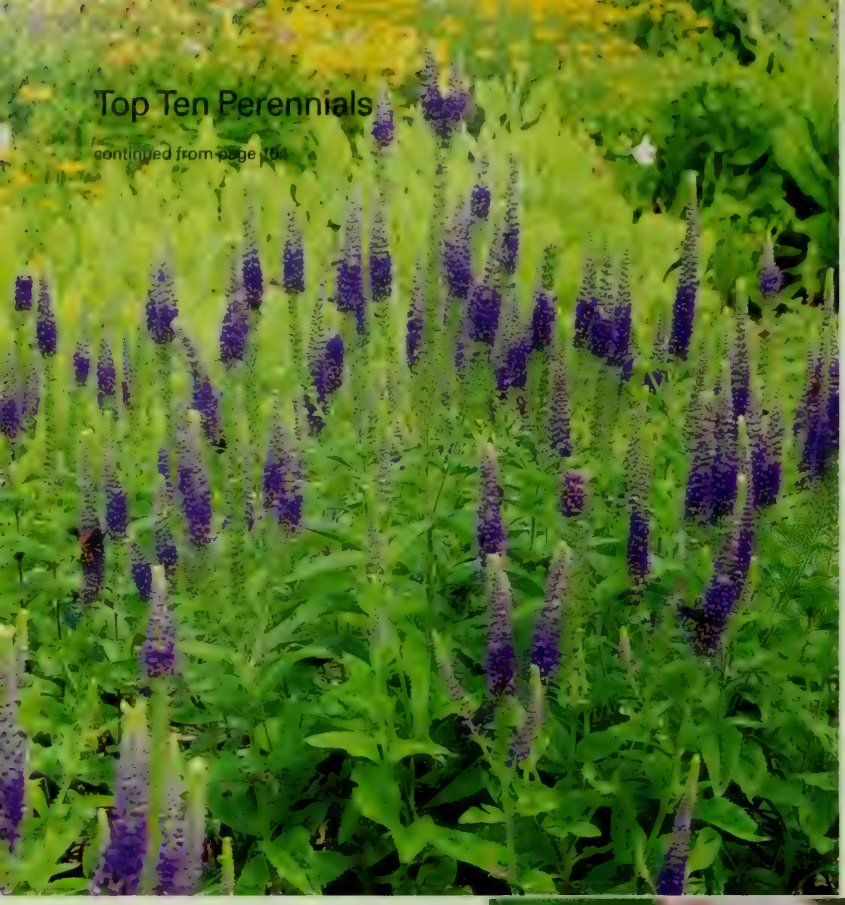
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KRAFT DRESSINGS

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continued from page 104



None of those droopy, mopey petals for Magnus. This coneflower arrays its petals like a twirling poodle skirt.

Blue Speedwell

Veronica Sunny Border Blue

The 7-inch, dark blue spikes of this veronica bob atop a plant that grows low enough that you can actually place it at the front of the border. And when was the last time you saw something this vertical placed way up front? **BLOOM TIME**: Early summer to late autumn. **HEIGHT**: 18 to 24 inches. **HARDINESS**: To 40° below zero. **LIGHT**: Full sun to very light shade. **YEAR AWARDED**: 1993.

Purple Coneflower

Echinacea purpurea Magnus

This prairie wildflower achieves a level of sophistication in the Magnus variety, which throws its petals out horizontally daisy-style, instead of thrusting them downward like a tattered slip. A great cut flower. **BLOOM TIME**: Midsummer to early autumn. **HEIGHT**: 2½ to 3 feet. **HARDINESS**: To 40° below. **LIGHT**: Sun. **YEAR AWARDED**: 1998.

continued on page 109





A sweet twist on healthy eating.





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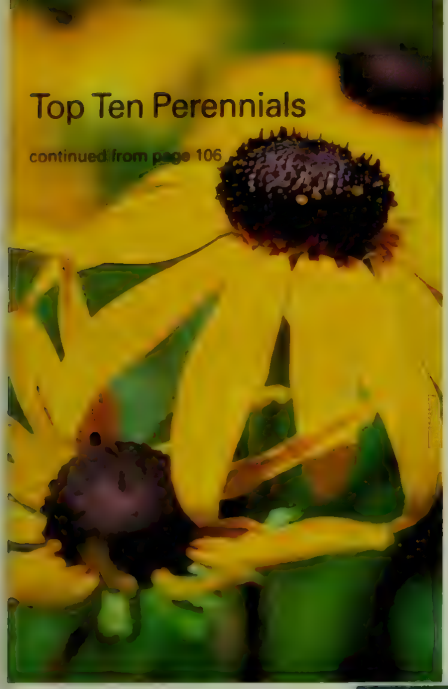


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continued from page 106

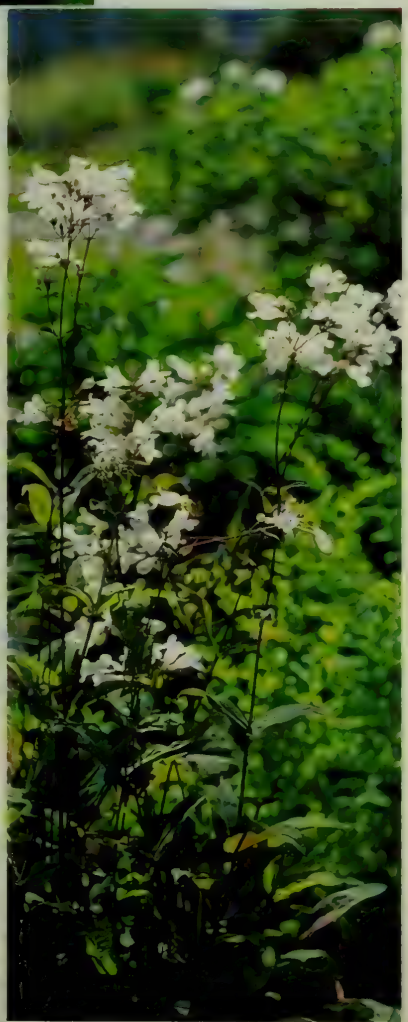


Husker Red awakens early in the season. Goldsturm stays up late. Flower power like this lasts all season.

Black-Eyed Susan

Rudbeckia fulgida Goldsturm

Here's another prairie wildflower that often gets a bad rap because of its overuse. Common, you say? Well, of course! Goldsturm, despite its Czech and German origins, is truly an American icon. And it's an endearing pass-along plant. Plant three and soon you will have seven. Then it's time to share. **BLOOM TIME:** Midsummer to late fall. **HARDINESS:** To 30° below zero. **LIGHT:** Sun. **HEIGHT:** 2 to 2½ feet. **YEAR AWARDED:** 1999.



Purple-Leaved Beard-Tongue

Penstemon digitalis Husker Red

These pink-tinged white flowers and the maroon-red foliage are quite a display in and of themselves. But, really, they pair nicely with almost anything. As with all purple foliage, a backdrop of lighter color foils that "black hole" syndrome. **BLOOM TIME:** Early to late summer. **HEIGHT:** 2½ feet. **HARDINESS:** To 40° below zero. **LIGHT:** Sun. **YEAR AWARDED:** 1996.

continued on page 110

...we couldn't fit it on one page.

Baked with rich, flavorful Kraft Cheese.



Nips your craving.

continued from page 109



Here are two more reasons to find the right varieties of old favorites.



Pink Astilbe

Astilbe Sprite

These feathery plumes top fernlike foliage, a wondrously dainty combination. The leaves often take on a bronze cast, making this plant all the more interesting. An aside: kind of thirsty. **BLOOM TIME**: Midsummer to early fall. **HEIGHT**: 18 to 20 inches. **HARDINESS**: To 30° below zero. **LIGHT**: Partial sun to full shade. **YEAR AWARDED**: 1994.

Blue Pincushion Flower

Scabiosa columbaria Butterfly Blue

While this plant does seem to flower forever, it looks kind of lost all by itself, giving you the perfect opportunity to pair it with Coreopsis Moonbeam. The blue-yellow combo is classic. **BLOOM TIME**: Midsummer to early fall. **HEIGHT**: 12 to 14 inches. **HARDINESS**: To 30° below zero. **LIGHT**: Full sun to very light shade. **YEAR AWARDED**: 2000.

continued on page 112

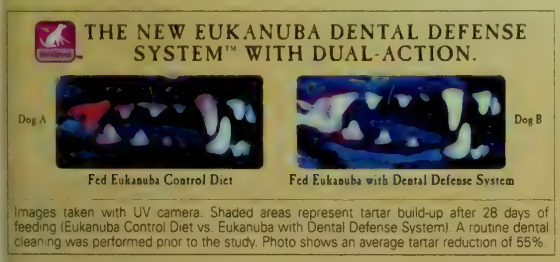


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continued from page 110

Blue Perennial Sage

Salvia superba May Night

Not to be confused with your herb garden sage, May Night is both cold hardy and showy. The blue-black flower is lustrous and darkly sinister at the same time. Site this so that the coloration does not recede in the distance. **BLOOM TIME:** Midsummer to fall. **HEIGHT:** 22 to 28 inches. **HARDINESS:** 25° below zero. **LIGHT:** Full sun. **YEAR AWARDED:** 1997.

Purple Coralbells

Heuchera micrantha Palace Purple

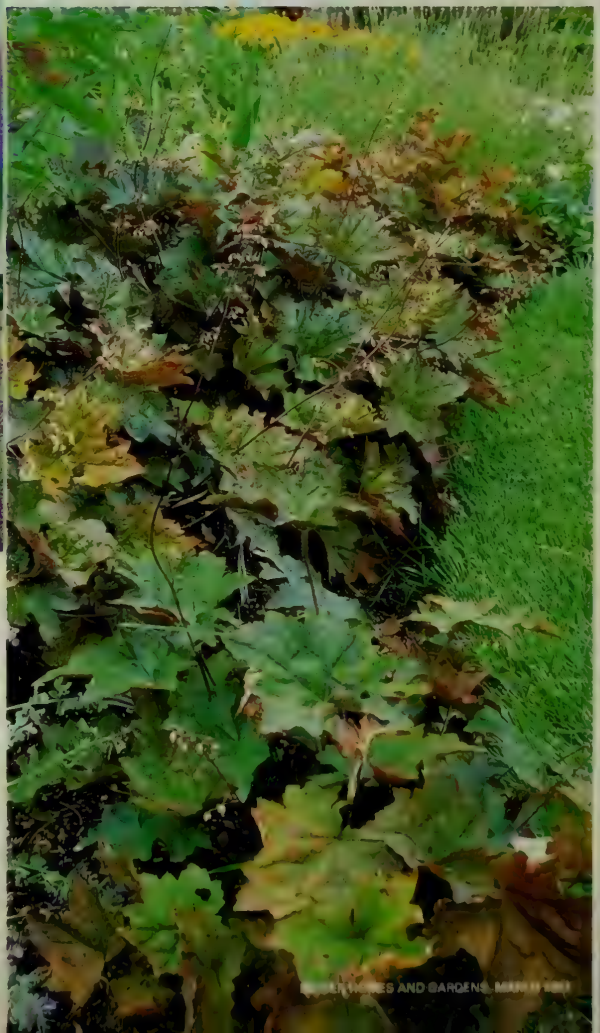
Here's a plant with a multitude of virtues. Chief among them is the crinkly multicolored foliage. Really spectacular, especially up front and en masse. The tiny, tiny flowers have their fans, I suppose, but those folks probably carry powerful lenses. This plant can really stand up to abuse too. **BLOOM TIME:** All summer long. **HEIGHT:** 12 to 14 inches. **HARDINESS:** 30° below. **LIGHT:** Partial sun to partial shade. **YEAR AWARDED:** 1991.

continued on page 114





With its multicolored foliage, Palace Purple looks good all season long — even when it's not blooming.



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continued from page 112



Russian sage is a big ol' honkin' plant. When you look for a place and space to plant it, think of it as a shrub.



Threadleaf Tickseed

Coreopsis verticillata Moonbeam

Maybe Moonbeam coreopsis is not the most impressive weapon in a gardener's quiver, but its soft yellow color and ferny foliage complement absolutely everything. **BLOOM TIME**: Early summer to fall. **HEIGHT**: 16 to 18 inches. **HARDINESS**: To 35° below zero. **LIGHT**: Full sun to very light shade. **YEAR AWARDED**: 1992.

Russian Sage

Perovskia atriplicifolia

This large-scale perennial can tower over garden beds in much the same manner as some of the more imposing ornamental grasses. But Russian sage combines colored foliage with honest-to-goodness flowers. **BLOOM TIME**: Midsummer to fall. **HEIGHT**: 3½ to 4 feet. **HARDINESS**: To 30° below zero. **LIGHT**: Full sun. **YEAR AWARDED**: 1995.

To purchase plants, see page 116
Buying information, page 244





Make an easier change



Nasal allergies can be so frustrating, you want to plow down your whole yard.

Of course, you would never go to these extremes. But before you change your life, maybe you should make an easier change. Ask your doctor about FLONASE.

Using multi-symptom FLONASE Nasal Spray once a day can relieve all these nasal allergy symptoms — congestion, sneezing, and itchy, runny nose — all day and night. Results may vary.

If side effects occur, they are generally mild, and may include headache, nosebleed, or sore throat. For best results, use daily. Maximum relief may take several days. Available by prescription only.

Ask your doctor about multi-symptom FLONASE, or call 1-800-FLONASE, or visit www.flonase.com.

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(fluticasone propionate)

Nasal Spray, 50 mcg

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Please see important information on the following page.

FLONASE®
(fluticasone propionate)
Nasal Spray, 50 mcg

BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information.

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial, or systemic viral infections or parasitic infection, or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the accompanying patient's instructions.

Drug Interactions: In a placebo-controlled, crossover study in eight healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose) with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray; however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450 3A4 inhibitors.

Carcinogenesis, Mutagenesis, impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

Pregnancy: ***Teratogenic Effects:*** Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately equivalent to and 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis, respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low

FLONASE® (fluticasone propionate) Nasal Spray, 50 mcg

bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. When initiated fluticasone propionate was administered to rats at a subcutaneous dose of 10 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), radioactivity was excreted in the milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n =275) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, more than 3300 patients with seasonal allergic, perennial allergic, or perennial nonallergic rhinitis received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon seven controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4 to 11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and two controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from two studies in which 167 children (45 girls and 122 boys aged 4 to 11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients ≥4 Years With Seasonal or Perennial Allergic Rhinitis

	Vehicle Placebo (n=758) %	FLONASE 100 mcg Once Daily (n=167) %	FLONASE 200 mcg Once Daily (n=782) %
Headache	14.6	6.6	16.1
Pharyngitis	7.2	6.0	7.8
Epistaxis	5.4	6.0	6.9
Nasal burning/ nasal irritation	2.6	2.4	3.2
Nausea/vomiting	2.0	4.8	2.6
Asthma symptoms	2.9	7.2	3.3
Cough	2.8	3.6	3.8

Other adverse events that occurred in ≤3% but ≥1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors.

General: Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Ear, Nose, and Throat: Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

Eye: Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

OVERDOSAGE: Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since one bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20000 and >41000 times, respectively, the maximum recommended daily intranasal dose in adults and >10000 and >20000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m^2 basis).

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Top Ten Perennials

continued from page 114

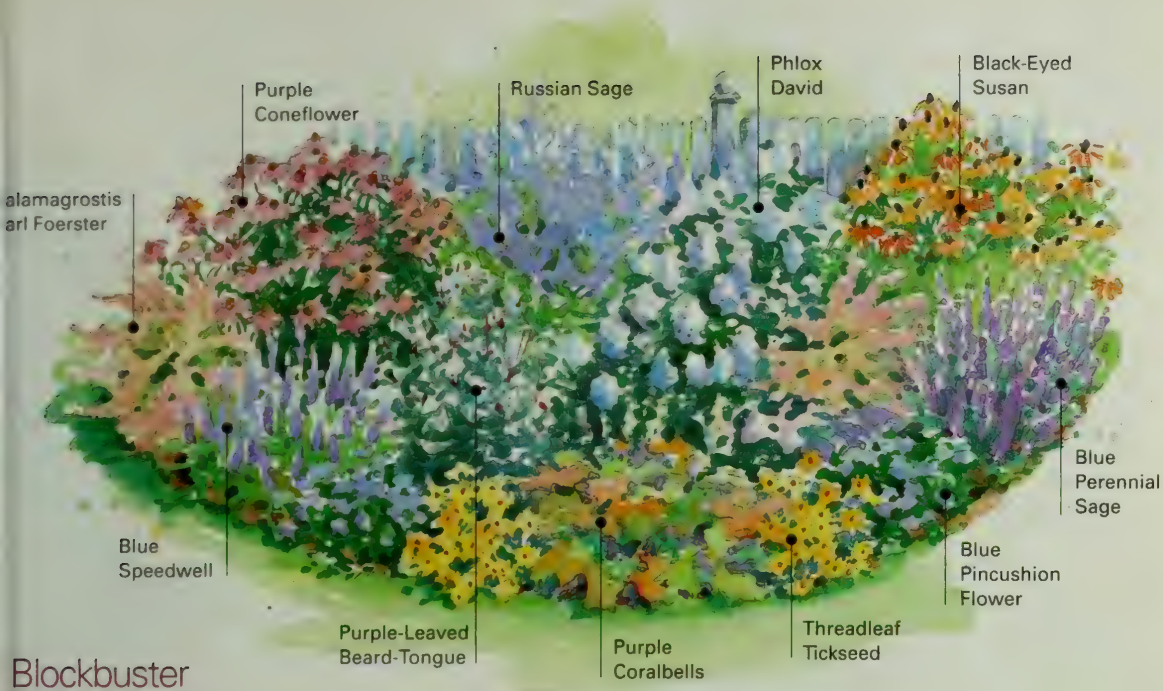
GARDENS TO GO

You'll get more bloom for the buck with these two gardens featuring the Top Ten Perennials in this story plus additional prizewinners. Grown *exclusively* for the readers of *Better Homes and Gardens®* magazine by Prairie Perennials, you can expect the plants to bloom in 2002, but you will get showier performances in subsequent years as they mature into stunning gardens.

The **Blockbuster Sunny Garden** (*right, top*) contains 26 plants, including: 3 Purple Coneflower (*Echinacea purpurea Magnus*), 3 Russian Sage (*Perovskia atriplicifolia*), 2 Phlox David, 3 Black-Eyed Susan (*Rudbeckia fulgida Goldsturm*), 2 Blue Perennial Sage (*Salvia superba May Night*), 2 Blue Pincushion Flower (*Scabiosa columbaria Butterfly Blue*), 2 Threadleaf Tickseed (*Coreopsis verticillata Moonbeam*), 3 Purple Coralbells (*Heuchera micrantha Palace Purple*), 2 Purple-Leaved Beard-Tongue (*Penstemon digitalis Husker Red*), 2 Blue Speedwell (*Veronica Sunny Border Blue*), and 2 Calamagrostis Karl Foerster. All plants are shipped in 2½×2½×3½-inch plastic pots; each plant will be about 3 to 8 inches tall. A planting diagram and growing instructions are included. The price of the collection is $139.95, which includes shipping, handling, and applicable sales tax.

The **Shady Nook Garden** (*right, bottom*) contains 6 plants, including: 2 Pink Astilbe (*Astilbe Sprite*), 1 Hosta Gold Standard, and 3 Hosta Ginko Craig. All plants are shipped in 3½×3½×4½-inch plastic pots; each plant will be a #1 division, rooted and actively growing. A planting diagram and growing instructions are included. The price of the collection is $89.95, which includes shipping, handling, and tax.

Shipments of both gardens will be made at the proper time for planting in your zone (about March 15 to June 30, 2002). ***Please order early; both collections are limited, and we reserve stock for shipment on a first-come, first-served basis.*** *Sorry, we are unable to ship to Alaska, Hawaii, Canada, Mexico, or Puerto Rico.* **Order on page 117.**

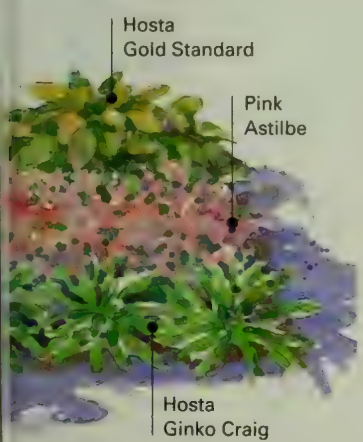


Blockbuster Sunny Garden

When it matures, the Blockbuster Sunny Garden (*above*) will measure about 14 feet long and 7 feet deep.

Shady Nook Garden

When it matures, the Shady Nook Garden (*below*) will measure about 4 feet by 4 feet.



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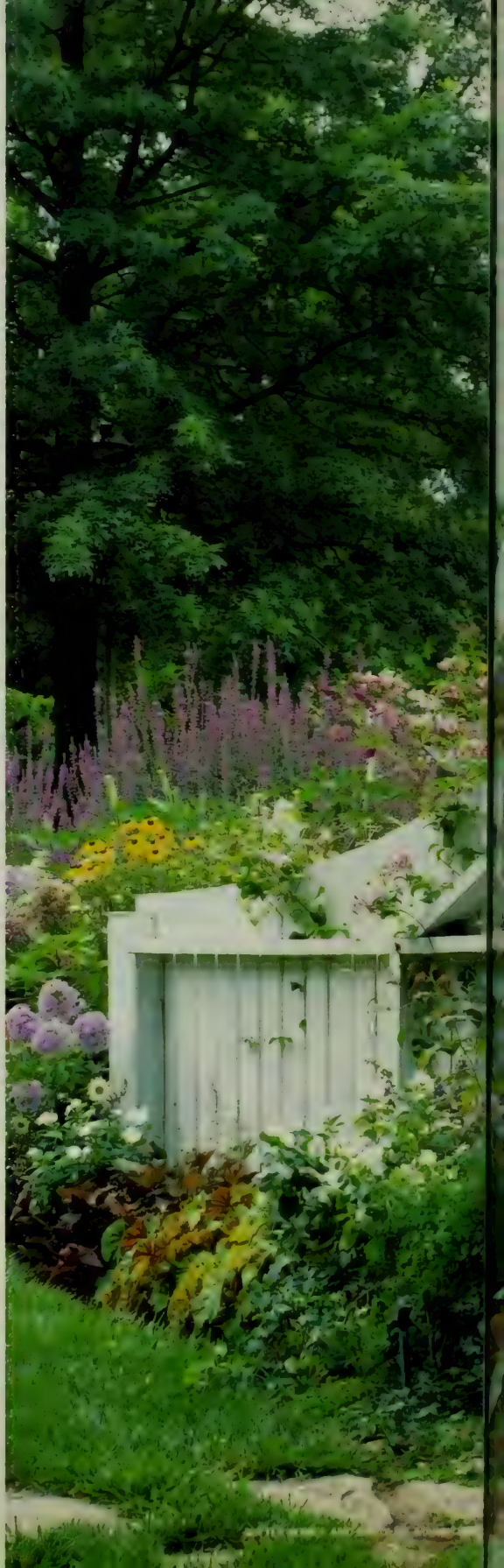
Tucked behind the white arbor and its tangle of clematis, behind the spires of larkspur and hollyhocks, live the inspired gardeners who shaped this welcoming scene. Janet and Carl Schuler stretched the boundaries of their St. Louis front yard, pulling the garden all the way to the curb. Step through the arbor for a closer look.



Janet and Carl's front yard is open and sunny, yet visitors can't help but feel the cheery embrace of flowers from all sides. (See garden plan, *page 123*.) Perennials, flowering shrubs, and roses encircle the tidy lawn and separate it from the street like a floral divider—a divider that frames the view without blocking it. The two-sided flower beds present a picture of cottage-garden profusion to the neighborhood. From the house looking out, the view is dominated by a rose-and-clematis-covered arbor that serves as entry to the garden and a year-round focal point. Aesthetics aside, the Schulers also had a practical reason for planting flowers at the curb. "It's the only place I have full sun," Janet says.

From inside the yard, flowers and an arched arbor screen the street from view (*right*). Isn't this prettier than pavement? Sun-loving perennials, such as daylilies, coneflowers, and phlox, frame the lawn. Janet and Ted among the hydrangeas (*below*).





To order Arbor Plan, see page 52.




the garden reveals its
charms slowly, one
flower-filled vista at a time



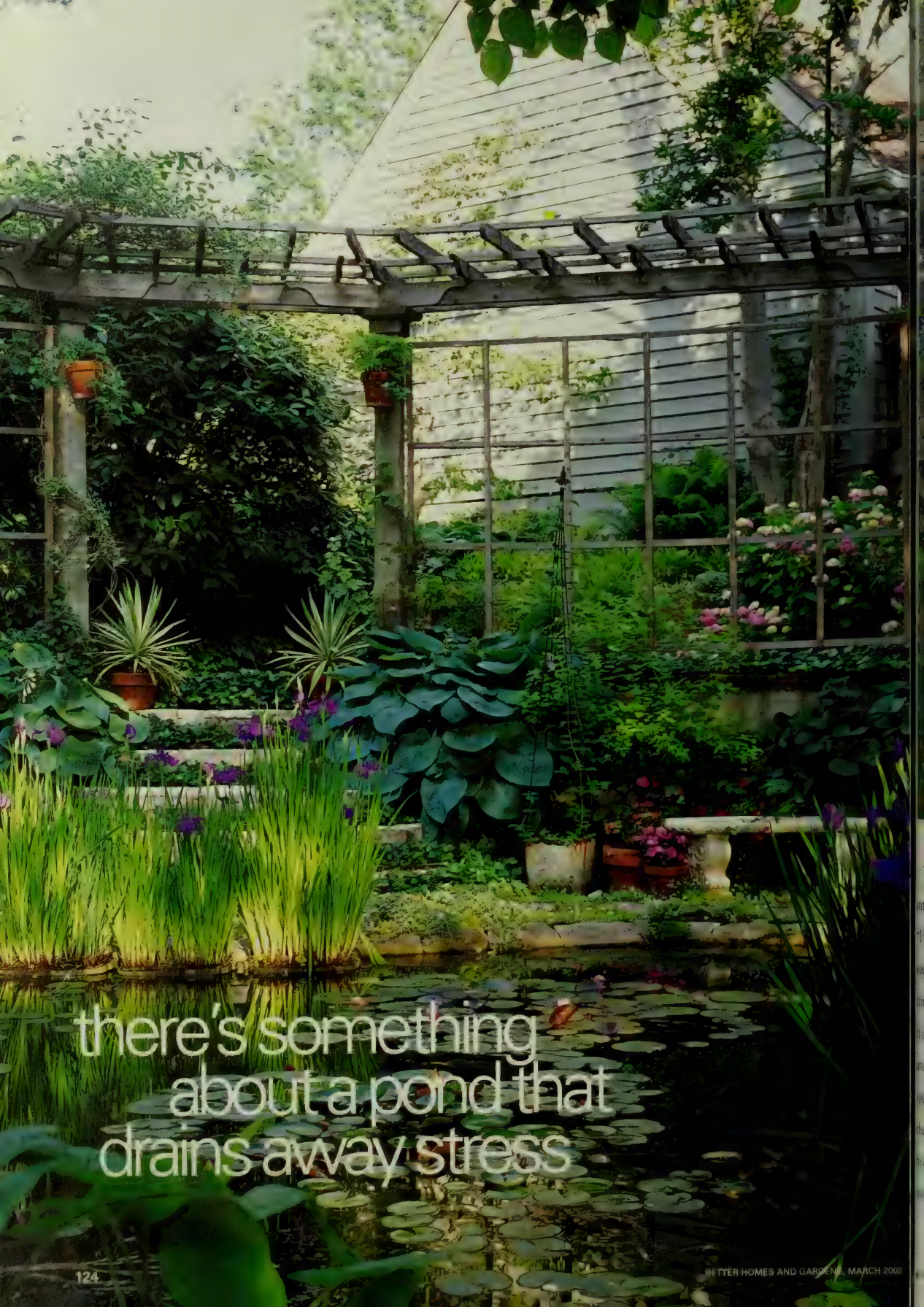


Janet has landscaped the yard bit by bit over the last 25 years, adding planting beds as time and inspiration allow. Although the perennial beds in front have encroached on the lawn, Janet wouldn't think of eliminating grass entirely. Lawn serves as a neutral foil for the blossoms, she says. "And I love the way it looks right after it's been cut."

Janet's advice to beginning gardeners: Take time to prepare your soil. She digs her clay soil deeply and enriches it with compost before any plants go in. Healthy, vigorous perennials and bountiful roses are the result.



Flower borders surround an oval lawn in the Schulers' front yard (*left* and plan, *above*). Stepping-stones lead from the entry arbor all the way to the sloping backyard, where garden areas—a patio, a pond, a patch of lawn—occupy terraces on the hillside.


there's something
about a pond that
drains away stress

Japanese irises and water lilies bloom in the pond (*left*), which is just a few steps down from a brick patio (*below*). The pond is 2 feet deep and 27 feet across with a flexible butyl rubber liner. Though the scene is tranquil now, Janet won't soon forget the pond's difficult birth-by-mud. She and Carl dug the hole in 1993, "the year of the big rains" in St. Louis. "It was a mess all summer long," Janet says.

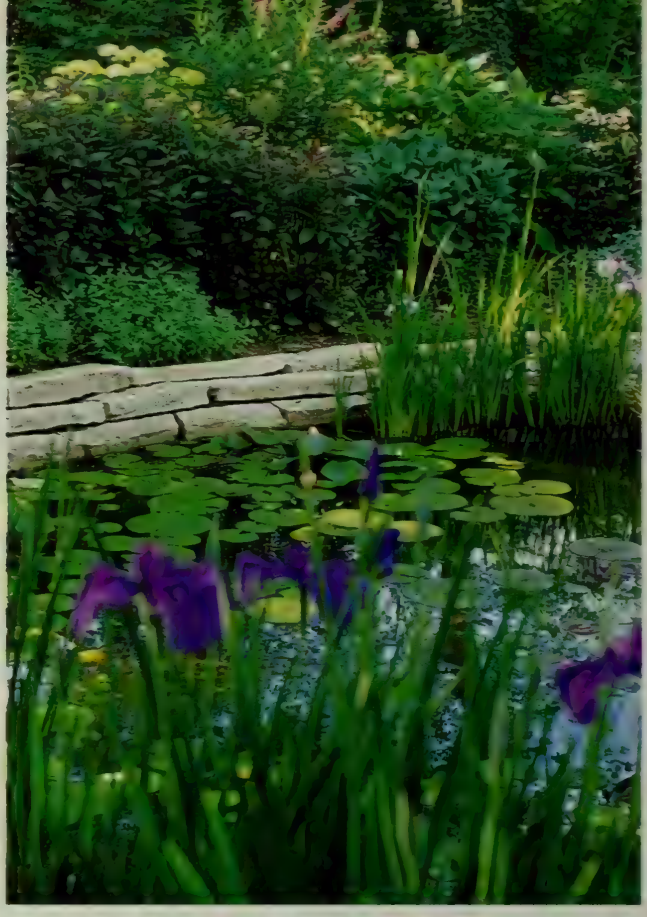
The backyard pond is both the most maintenance-intensive part of the landscape and the most rewarding. "I like the animals and birds that the pond draws," Janet says. "I watch them come and go and raise their families through the seasons. I put a lot of work into the pond, and it is worth every bit of it." A see-through arbor traces an arc along one side of the pond, creating a division of space without hiding the pond from the nearby patio or the deck above. All around the sitting area, mophead hydrangeas bloom in white, pink, and purple shades for most of the summer.





The backyard, which slopes sharply away from the house, was a challenge to landscape. It was here that the garden began in the late 1970s when Janet uprooted a crescent of sod to plant flowers. "There was a hill there and I made the bed just so I didn't have to mow it," Janet says. "I called it my 'smile bed' because that's what it was shaped like—like a big smile." The smile bed evolved into a broad border as Janet and Carl recontoured the ground, carving out flat areas for the patio and the pond. Janet built low retaining walls of locally quarried limestone to terrace the slope. Beds of English ivy carpet the ground in places that are too steep to mow.

"The lot is one-half acre, and that is all I can take care of," Janet says. Work-savers, such as soaker hoses and plenty of mulch, reduce maintenance. That leaves enough time for Janet to lounge in her wicker rocker, seed catalogs in hand, dreaming of next year's garden.





From Janet's point of view, a garden always has room for more hydrangeas—especially pink mopheads (*top left*). Pots of purple Japanese irises (*top right*), which Janet started years ago from seed, sit in shallow water at the edge of the pond. Beyond the pond, a comfy chair beckons from a far corner of the backyard (*bottom*). A dense and shady thicket of shrubs and trees separates this private refuge from the rest of the yard.

She had waited 36 years, 5 months and 3 days for this moment. And now the worst had happened. Adriana had wasted a perfectly good cup of Cafe Vienna.



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new family traditions



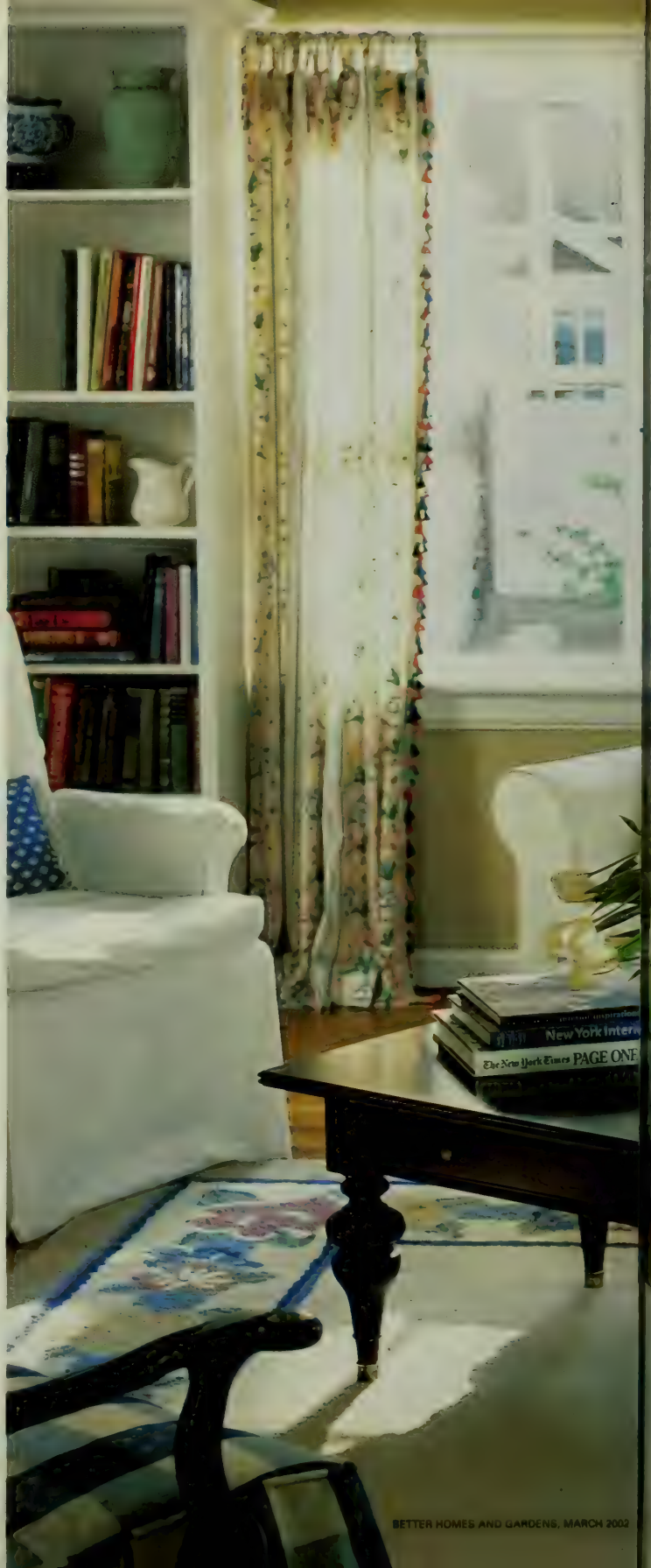
Colleen and Robert Verbiscer's home, like their family, is all about blend. Both previously married, they had their own decorating leanings—but unfortunately they didn't lean in the same direction. So when Bob joined Colleen and her sons Brett, 10, and Brian, 13, in their 80-year-old home outside Chicago, they needed a new design dynamic that honored all.

Crisp white slipcovers enunciate the shape of soft-edged traditional furniture.

"Bob's style was more masculine and contemporary," Colleen says of her blind date-turned-mate, "and mine was more country and eclectic." They met in the middle, adapting a new traditional style to existing furniture, keeping costs down.

It was as easy as slipping new canvas covers over Colleen's sofa and chairs, an idea from designer Kim Elia, who helped Colleen with some of the decorating. Replacing exuberant floral country chintz and contrasting piping, the sedate slipcovers produced instant calm—a comfort zone for Bob. They also meant Colleen's floral country curtains, now not fighting for attention, could stay. With the quieter elements, "even the coffee table looks better," Colleen says.

"Our personalities complement each other," Colleen says. Like their decorating tastes, you might say. "We have fun seeing the outcome of our efforts on the house."







Simple pine furniture and unfussy

Another tempering change was a coat of fresh taupe paint on the living room walls, replacing the classic English-country yellow Colleen had favored before marrying Bob. But the new hue did more than bridge the decorating opinion gap. "It immediately updated and warmed the rooms," Colleen says, explaining that the taupe is actually richer than her previous cool pale yellow.

The kitchen, the busy hub of the household, has a refreshing look with white woodwork and cabinets, plenty of light from simply dressed windows, and cheerful colors that tie into neighboring rooms. Blue prints on the valances and breakfast chair seat cushions repeat the navy blue of the living room chairs' new checked slipcovers. And, to link to a gold-hued family room on the other side of the kitchen, Colleen covered the walls in the breakfast bay with a French toile rooster-motif wallpaper.





windows calm the busy kitchen.

"When Bob saw it, he was like, 'What?' But he loves it now that it's on the walls," Colleen says.

For more of a country kick, rooster art above the kitchen's small antique desk and a ceramic rooster on the counter echo the wallpaper's theme to knit the space together. Yet to Bob's relief, the room doesn't feel heavy on the hayseeds. Its white cabinets are an unobtrusive background, and unfussy furniture keeps the peace.

The kitchen's modern amenities allow for a few country indulgences, including a 150-year-old maple desk and a ladder-back farm chair (*above, left*).

Country-French patterns in the breakfast bay (*above, center*) go easy on Bob's contemporary tastes: The toile wallpaper is subtle, and the shirred valances are minimal.

White cabinetry lets Colleen flesh out decorative details—four plates above the sink (*above, right*) are left over from her former fruit-and-flowers kitchen design.


Simplicity—especially at the windows—is a consistent thread throughout the old house.

New map-motif paper in Brett's room (*left*) is stylishly subtle; its palette matches his existing bedding and makes it look brand new.

Colleen found the piano bench for the foot of the couple's bed (*below*) at a garage sale and painted it black. White shirred sheers keep the room light.

In their master bedroom (*below*), Colleen and Bob relied on his furniture and her finishing touches. "The bed and wooden pieces were his," Colleen says. "We bought the rug to pull it all together." The rug's black background balances the room's black bed, lamps, and table skirt, anchoring Bob's masculine taste. Yet this space truly is his-hers-theirs. Colleen indulged her own romantic impulses with pale sage paint on the walls, white matelassé linens, a puddling bed skirt, and filmy window treatments. "I even worked in my favorite yellow-gold as accents on the pillows," she says, laughing.

For Brett's room, which was being transitioned from a child's space to an adolescent theme, there was one given: He wanted to keep his bedding. Map wallpaper—his pick—ties into the colors in the bedding and invites his imagination to roam. "He's my creative child, who loves to act—no boring sports borders for him," Colleen says.



When Colleen decided on black-and-white tile to sharpen up the bath, she had some reservations, worrying it might look dated. But, the classic choice wears well. "I like living in an updated house that still has the charm and quaintness of an old home," Colleen says.

The black provides continuity with the master bedroom, and the tiles' neutral palette can acquire a new look with only a little effort: "We threw in new sage towels," Colleen says, "and the room softened." Such balancing acts of soft and hard, masculine and feminine, are at play throughout the home—so much so that Bob has learned to relax; his design interests will be protected.

"He's been happy with my choices enough times now that he trusts me to visualize something and run with it," Colleen says. The result: A give-and-take style that's a new family tradition.

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A shirred cotton print covering only the bottom windows of the bathroom (*right*) provides privacy and continues the window treatment style of the adjoining bedroom.

A white solid-surfacing countertop in the bath (*above*) provides a clean backdrop for simple metal accessories and flowers. The fresh traditional look reflects his contemporary and her country styles working in tandem.





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fitting into the old neighborhood

Another old house freshened up with paint and shutters? Guess again; this picturesque cottage in a Detroit suburb is actually brand new from the ground up. Owners Tricia and Rob Wood (*left*) took great pains to blend their house into its tree-lined neighborhood. Rob, an architect, tested his design skills by working within the foundation's footprint of a tiny house that originally stood on the site. A strict budget added further constraints, but Rob's plan lives twice as big as it looks—without sacrificing one iota of charm.

text by William L. Nolan photographs by Beth Singer


"Our new house fits our needs and
looks like it has always been there."

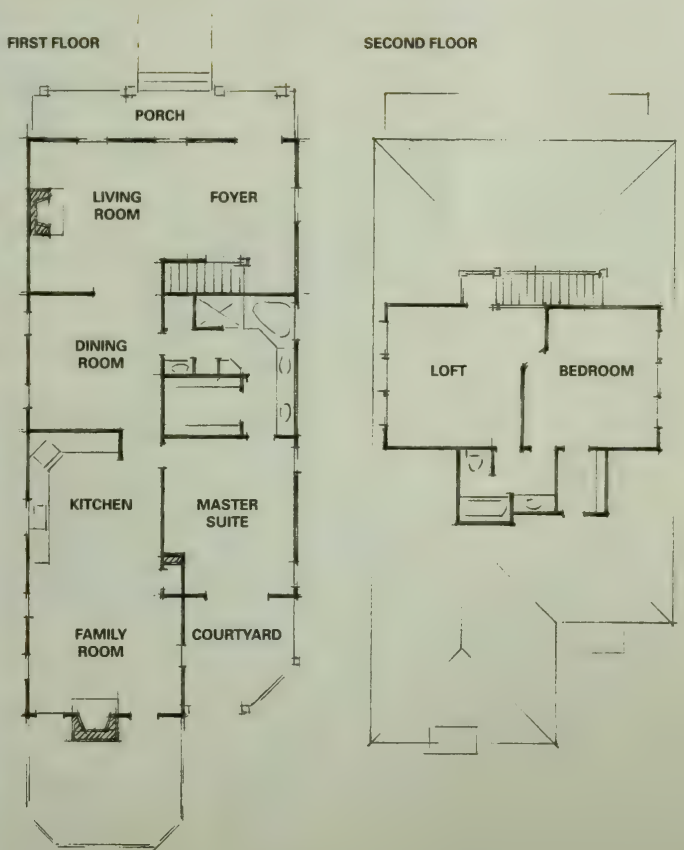
After several years of designing big homes for a regional builder, Rob was ready to try his hand at doing more with less. "This house is my own prototype to show what I could do with tighter guidelines." Packing more livability into smaller space comes naturally to Rob; his family has been designing cabin cruisers and small yachts for decades. One way he gave this house stretch was to tuck some of the rooms under a steep-sloping roof. Another was to use as few interior partitions as possible, creating long room-to-room vistas. A third tactic was to make the ceilings on the main floor 10 feet high, giving each room size without enlarging the exterior dimensions a square inch.

In each room, architectural elements boost the spacious feel. Tall windows and transom-topped French doors emphasize the vertical reach, and pull in light and views. Fireplaces in the family room and front room soar into the vaults to dramatize the extra height.





A raised hearth clad in rustic stone veneer anchors the family room (*top*). On the side wall, built-ins (*bottom left*) camouflage the TV behind louvered doors. The French door near the cabinets opens to a deck (*far left*) that wraps around the corner and adjoins the master suite. Eave extensions, supported by cottage-style brackets, form canopies over the entrances to the family room and the bedroom.



"If we had to sell the house, the features we put into the downstairs would sell it."



Keeping to a strict budget meant making some tough choices as the project took shape. "Going way over budget wasn't an option for us," says Rob. "We figured out where to save money and where to spend. A brick facade would have cost $10,000, but we used that money for hardwood floors and two fireplaces instead." Rob and Tricia also made strategic splurges on high-quality items they knew they would use and enjoy every day, such as a custom-built oak front door and granite countertops in the kitchen. Also, putting these extras where they show to best advantage provided a good hedge against the financial risk of building a home from scratch. "If the worst happened and we had to sell the house," says Rob, "the features we put into the downstairs would sell it. Everyone who walks into the living room loves it."

To unify these first floor features and offset the home's spare, simple lines, Rob capped the entry door and the fireplace with graceful curves that echo the French-style arch on the dormer. This motif also frames the tall front windows and the wide opening between the living and dining rooms (*left*).





Adding character in the form of simple, strategically placed details helped shave construction costs. A cast-stone facing and a few strips of molding dress the fireplace in the living room (*top right*). Oak panels, beveled glass, and a graceful arch lend period flavor to the front door (*bottom right*). Wide boxing gives the square columns on the porch extra heft, and fiber-cement panels trimmed with narrow battens provide an inexpensive alternative to stucco siding.


"Minimizing the number of rooms on the main floor allowed us to include a formal dining room."

Cozier areas in the middle of the home provide a foil for the dramatic vaulted spaces at each end, setting up an interesting progression through the house. By eliminating several spaces—such as a laundry room, powder room, and pantry—the couple was able to use part of this middle space for formal dining and entertaining. Although it measures just 13½ feet square, the dining room feels more commodious thanks to a pair of tall windows on the outside wall and the wide arch that opens to the living room. Natural-finish hardwood floors help warm up the pale walls, and a flat ceiling and graceful wrought-iron chandelier add intimacy. Simple wood furnishings, including an antique pedestal table, play up the room's low-key formality.

Natural finishes provide warmth and texture in the kitchen too. Here, raised-panel cabinets crafted of knotty pine evoke the old-world charm of French country kitchens. Stainless steel appliances and granite work surfaces—further examples of the Woods' strategic splurges—amplify the room's congenial personality.





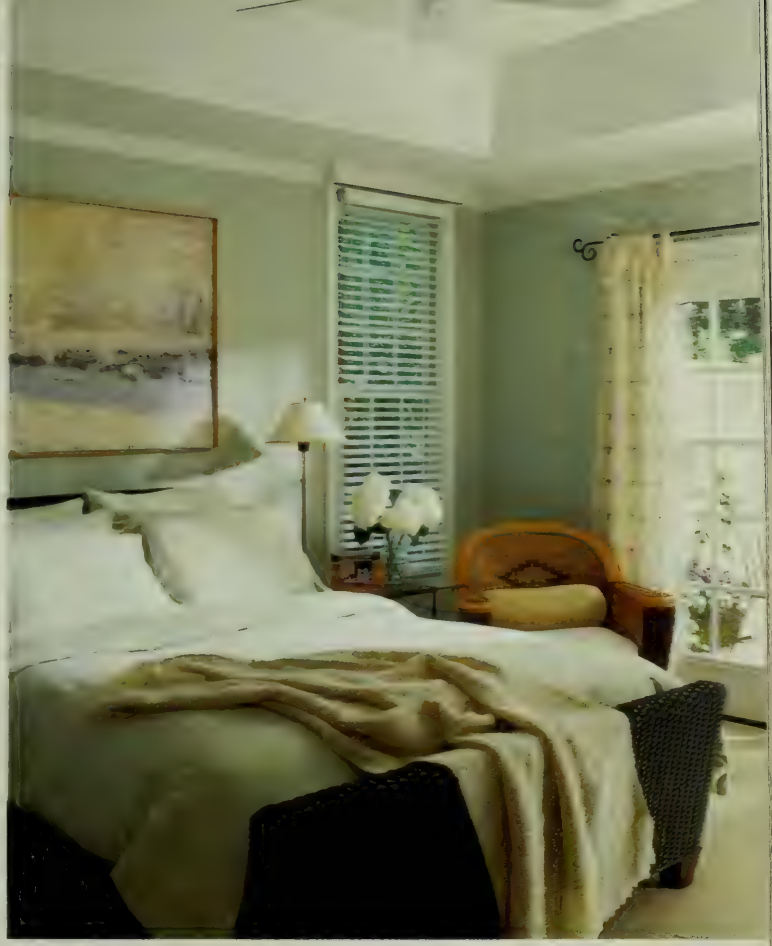


The Woods added visual pizzazz by angling the range in the corner of the kitchen's L-shape (*center right*) and topping it with an arched vent hood. The arch repeats on the island as a curved edge in the granite counter (*bottom right*), which cantilevers several inches to form a perch for informal dining. Echoing the home's French country flavor, Tricia mixed store-bought items with rustic-finish pieces from an antiques gallery, such as the pedestal table and the sideboard in the dining room (*left*).


"We included high ceilings wherever possible to keep the rooms from feeling boxed in."

Even the smallest nooks live big in this house, thanks in part to Rob's penchant for building shipshape efficiency into every square inch. "An architect looks at a tiny space and says, 'I can't do much with that,'" says Rob, "but a naval architect looks at the same space and says, 'Look at all this room.' It's all in your perspective."

Nautical efficiency plays a particularly strong role in the master bathroom. Here, Rob managed to fit in a spa tub, a separate shower, twin lavatories, a separate compartment for the toilet, and a large walk-in closet—yet it still feels roomy. In addition to clever planning, Rob took advantage of another effective space stretcher: natural light. A wide swath of glass block reaches from the tub platform to the ceiling, filling the whole bathroom with softly diffused light while preserving privacy from neighbors. Light also helps push back the walls in the master bedroom, which measures only 13½ feet wide, and in the rooms that tuck under the roof on the second floor.







The picturesquely curved dormer on the front of the house isn't just for looks. Indoors (*left*), it functions as a giant lantern of light, pumping bright sun into the upper living room and the loft studio. Widely spaced spindles in the stair banister let the light flow through and allow glimpses of the porch and the front yard through the big windows on the main floor. Square newels in the banister echo the chunky square columns that support the porch roof. Thanks to clever design, the modest-size master bath houses a full complement of amenities (*right*). Angling the tub platform across one corner allowed room for a full-size tub without monopolizing valuable floor space. Plate glass walls on the shower enclosure and a huge mirror provide antidotes for cabin fever.



Although the Woods hoped to hold down costs even more, they were able to build the house for an amazingly low $73 per square foot—well below the national average of $12(per square foot for custom-home construction. But as extra insurance against cost overruns





Rob planned the upstairs areas so that the could be finished later in case money ra short—a smart strategy for any couple plannin to build a new home. By keeping their initia investment fairly modest, the Woods were abl to complete this part of the house soon afte moving in. The upstairs now earns its kee as a design studio (*above*) for Rob's buddin architectural practice, and as a home office fo Tricia. There's also room for a guest bedroom and a full bath. ⌂

Norman-style arches, wide shutters, and a steep pitched roof give the home's exterior (*top left*) a authentic French accent. Inside the front door (*left* coat closets flank a window at one end of the livin room, forming a niche for a built-in bench. In th loft studio (*above*), blueprint cubbies help support th curvy peninsula desktop.

Buying information, page 2



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bistro kitchens

Enter a neighborhood bistro, and you can count on a warm welcome, a relaxed atmosphere, and a hearty meal. It's just the same with these two kitchens—except that there's no check to pay at the end of the night.

text by Shawn Gilliam ▪ photographs by Alise O'Brien ▪ produced by Mary Anne Thomson



The Euro-bistro design perfectly suits steamy espresso and laid-back, late-night chats.

Neighborhood sociability is one reason Sherry Wickham and husband David Morgan enjoy the section of Indianapolis they call home. "We have Labor Day picnics, holiday teas for ladies, caroling parties, and chili cook-offs," Sherry says. "On any given night, someone's over at someone else's house having a drink."

Fortunately for Sherry and David, the kitchen in their 1952 ranch home opened onto the living room—a setup conducive to entertaining. But the room's cabinets and work spaces were cramped and inefficient. The kitchen was also devoid of style. "This was not one of the more 'Mid-Century Modern' places," Sherry says. "There weren't a lot of hip details."

After gutting the old kitchen, the couple gradually incorporated modern details to achieve a European bistro look. A key addition is a partial wall—the red one—that hides the main food-prep countertop from the living room. The bright wall picks up on the red used in a nearby poster. "We were afraid that if we kept going with beige, it would be too plain," Sherry says. "This has a nice sculptural quality to it, just like a cube."

The laminate flooring and birch-veneer cabinets also convey a modern look. The flooring is dressy enough to extend from the kitchen into the living room, making the two spaces one.

The peninsula (*right*) serves as a bar during cocktail parties. Frosted-glass pendant lights illuminate the area without blocking the view into the living room. Sherry and David insisted on the open arrangement, which ensures that the cook isn't shut off from conversations with guests in the living room.

Sophisticated design needn't carry a sky-high price tag. The kitchen's laminate countertops, for instance, look like granite—but cost about 75 percent less. Even a simple glass canister (*below*) stores food elegantly and inexpensively.



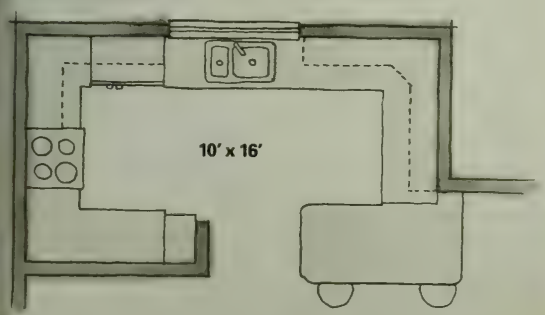




The Swedish-modern cabinets complement Sherry and David's design tastes. "We're not into froufrou," Sherry says. "We like clean, basic spaces that still have style to them."

Sherry ordered the cabinets and hardware from an out-of-state home furnishings retailer and had them delivered by mail. She then installed the cabinets herself, while David worked on the wiring and plumbing. "I'm probably a little handier than average—but not so much," Sherry says. "Once we figured out the instructions, the process went very smoothly."

Upper cabinets weren't part of the original order, but were added later for extra glassware storage. Even the cubby display, which was sold as a stand-alone bookcase, fits perfectly into the scheme. Plain dishware takes on an arty appearance here, even though the storage setup is more for practicality's sake—keeping the items close at hand. The sensibly stylish mix landed a prize in our Home Improvement Contest.





The window above the sink (*right*) was kept free of window coverings. The lower half was frosted to provide privacy without blocking sunlight.



Cubbies (*right*) store dishware but could easily be used for cookbooks, pantry items, or decorative pieces.



A backsplash rail system (*below right*) holds utensils in the food-preparation area, which wraps the corner to the left of the range (see plan, *below*).



Diner details create a nostalgic mood, but with a friendly here-and-now twist.

isits to older neighborhood restaurants and bars gave Cheryl and Greg Pelter many of the design ideas they used in remodeling their Kansas City kitchen. They wanted the new kitchen to better match their 1911 home and to include generous storage and food-prep space within a narrow footprint.

After ripping out red linoleum and a low-hanging dropped ceiling that were part of a 1950s redo, the Pelters finished the room with black-and-white hexagonal floor tile, rich cherry woodwork, and bluish-black granite countertops. Instead of choosing typical cabinets, Cheryl came up with a scheme that looks more like an antique sideboard, complete with grooved columns and a wood backsplash. "I didn't want that my-kitchen's-been-redone-with-a-million-cabinets look," Cheryl says. "I wanted it to be elegant."

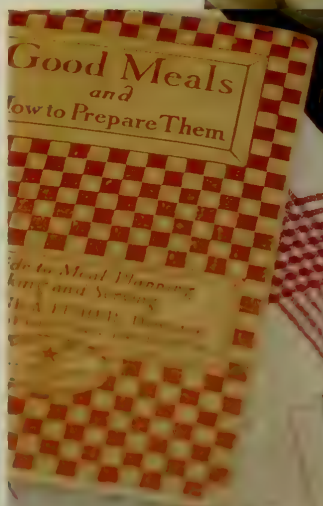
Because most people enter the home through the kitchen door, the Pelters wanted the space to feel inviting. The snack-bar island gives family and friends a place to sit and chat with the cook. "People come into my house and sit on those chrome stools, and I hear everything," Cheryl says. "It's very conversational." The kitchen is award-winning too, landing a prize in our Home Improvement Contest.

Reintroducing 10-foot ceilings (*opposite*) makes the kitchen feel extra spacious. Although the windows are original, they were trimmed with woodwork that better matches the home's age.

Custom-upholstered leather-and-chrome stools (*below*) give the kitchen an atmosphere reminiscent of a diner or tavern.

Even a simple cruet set (*below*), stored on a stainless-steel shelf just below the range hood, speaks to the kitchen's bistro style.





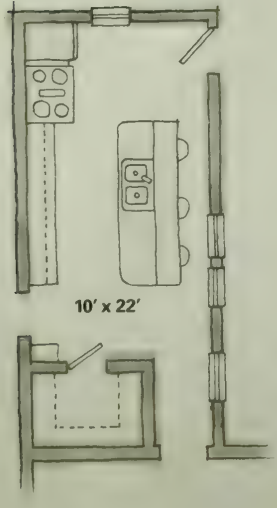






The sink (*above*) features an antique-style faucet and a matching—but more modern—pullout spray fixture.

Stainless steel commercial appliances (*left*) fit the kitchen's restaurant look. A prep table next to the island is also made of stainless steel.





Hooks (*left*) near the back door hold tea towels, aprons, or light jackets. A walk-in pantry at the other end of the room (see plan, *far left*) stores small appliances, keeping them off the kitchen countertops.

Buying information, page 244



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by Nancy Wall Hopkins



Tabletop Steamer





Indoor Grill





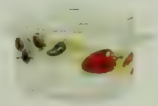
Deep Fryer





Pressure Cooker





Crockery Cooker



busyliveseasymeals

Psst. Want the secret to getting your family's meals on the table faster? Smart kitchen appliances. These cooking workhorses are easier than ever to use. And, we've created convenient, great-tasting recipes to prove it. Not to worry if counter space is at a premium, our meal-prep instructions include conventional methods too.



steakfortwo

Indoor Grill

Luckily, today's indoor grills take nearly all the guesswork out of cooking steaks, such as Garlicky Steak and Asparagus. Really. One steak, a handful of fresh asparagus, and about five minutes on the grill—depending on the thickness of the cut—is all it takes to whip up this little feast for two.



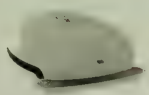
Indoor Grill

If you believe a great grilled sandwich comes only from the local chophouse or burger joint, think again. Our Deluxe Chicken and Roasted Pepper Sandwich cooks to tender perfection in just four minutes. You can't even complete an order at a drive-up window in that time.





chicken sandwich



Indoor Grill

Wow! Look at those gorgeous grill marks. Who knew you could grill polenta on an indoor grill? We just had to try, and think you'll love the hearty result. Our Mediterranean mélange starts with purchased polenta, which we sliced and grilled with zucchini, fennel, and eggplant.

ratatouille



Recipes begin on page 174





spicylambshanks



Crockery Cooker

Entertaining after work? This Indian-inspired potage is for you. It's simple, savory, and luxe in the looks department. Better still, it cooks to fork-tender, melt-in-your-mouth perfection while you're at the office. Your guests will love the heady flavor bursts from fresh oranges, lots of garlic, cumin, turmeric, cardamom, and kalamata olives.

chiliwithakick



Crockery Cooker

Hey, no blaming this Beef and Red Bean Chili if you're late for piano lessons or soccer practice. It's ready when you walk through the door. Laced with chipotle peppers for smoky kicks, we like it served with a handful of saltines.

Recipes begin on page 178





Pressure Cooker

For years, Italians have been fans of the pressure cooker—it cooks faster and helps vegetables and other foods retain their tempting flavors. Try Sicilian Artichokes, heaped with croutons, sweet peppers, and Parmesan cheese.



friedravioli salad



Deep Fryer

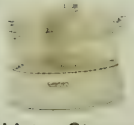
Sometimes you crave that delicious deep-fried flavor. Zesty Ravioli Salad provides it with quick help from convenient new fryers—they're a cinch to use, cleanup is simple, and there's no lingering "just-fried" smell. Pass the dressing, please.

Recipes begin on page 182

continued on page 168

steamedsalmon





Tabletop Steamer

Our Test Kitchen home economists loved this appliance. Sure, we knew it could cook perfect rice, but we were blown away by the moist salmon and crisp-tender beans.



Go ahead. Be shallow.
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continued from page 166



Pressure Cooker

It's 5:30 p.m., you've had one tough day, and the kids are tired of takeout. How about Jamaican Pork Stew? Isn't it amazing what a little pressure (à la pressure cooker) can do—this spicy one-dish dinner cooks in eight minutes and trades the typical potatoes and carrots for sweet potatoes and plantains.

Recipe begins on page 187

porkandveggiestew

continued on page 170


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continued from page 168



tangybarbecuebeef

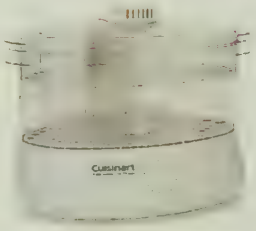
Crockery Cooker

This is one mouth-watering fistful of a sandwich. Spend no long hours slaving over the grill for our island-style barbecue. It cooks hassle-free in a crockery cooker. Mango slices add a fresh finish. P.S.: Don't forget to ladle on plenty of the juices.

Recipe begins on page 188


Hidden Valley
Hidden Valley
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RANCH IS SUPPOSED TO TASTE.
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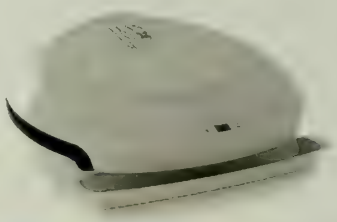
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TABLETOP STEAMER

These machines feature a multitude of cooking benefits, so be sure to carefully read the owner's manual. Depending on the model, you'll find you can magically steam entire meals, vegetables, fish, and even traditional puddings. In a nutshell, foods cook as steam circulates all around.

From our Test Kitchen home economist, Maryellyn Krantz: "Until now, I always thought a steamer was just for cooking rice but discovered that this handy appliance could be used to prepare the whole meal. They're a cinch to clean up."



INDOOR COVERED GRILL

Before selecting an indoor grill, it's worth noting there are many options available. Covered grills typically have a hinged lid, and foods are cooked with the lid closed. Therefore, foods are heated from the top and bottom, and cook more quickly than they would on an uncovered grill.

From our Test Kitchen home economist, Marilyn Cornelius: "I didn't think that I would like this appliance when we first got one in the Test Kitchen, but I found out how easy and quick it was for grilling and I fell in love with it."



INDOOR UNCOVERED GRILL

Just as it sounds, the uncovered grill is open. Foods are heated from the bottom only, so foods cook more slowly than on a covered grill. You'll find interchangable grill and griddle plates on some models; others feature extras such as heat indicators that light up when the grill reaches ideal cooking temperature.

From our Test Kitchen home economist, Colleen Weeden: "Once the grill is preheated, you can grill just about anything. I love using it to toast bread for sandwiches—no messing with lighting coals and setting up the grill."

Your sister is going to love you for these.



© 2002 Nestle

I'm making extra cookies for her roommates, too.

Should we make some with nuts?

Yep. And I'll put even more chocolate in hers.

That's nice of you, but you're still not getting her room.

What room?



DEEP FRYER

What's not to like! Today's deep fryers are easy to use and easy to clean. Tightly sealing covers eliminate messy spatters and reduce odor. Many models even have extra large viewing windows, so frying can be supervised without opening the cover.

From our Test Kitchen home economist, Jill Moberly: "I never liked to fry foods until I tried the newer fryers. Once your oil is preheated, you simply add the food, shut the lid, and you're frying. I also love the fact that I don't have to use a thermometer."



PRESSURE COOKER

In these pots, food cooks in a sealed environment, trapping steam and building up pressure so that the liquids become about 38° F hotter than boiling, or 250°. The higher temperature translates to faster cooking. In a pressure cooker, foods actually cook three to ten times faster than ordinary cooking methods.

From our Test Kitchen home economist, Jennifer Kalinowski: "I was always afraid of pressure cookers. After using this one, I discovered how safe and easy they are to use. The food is flavorful and cooks in minutes."

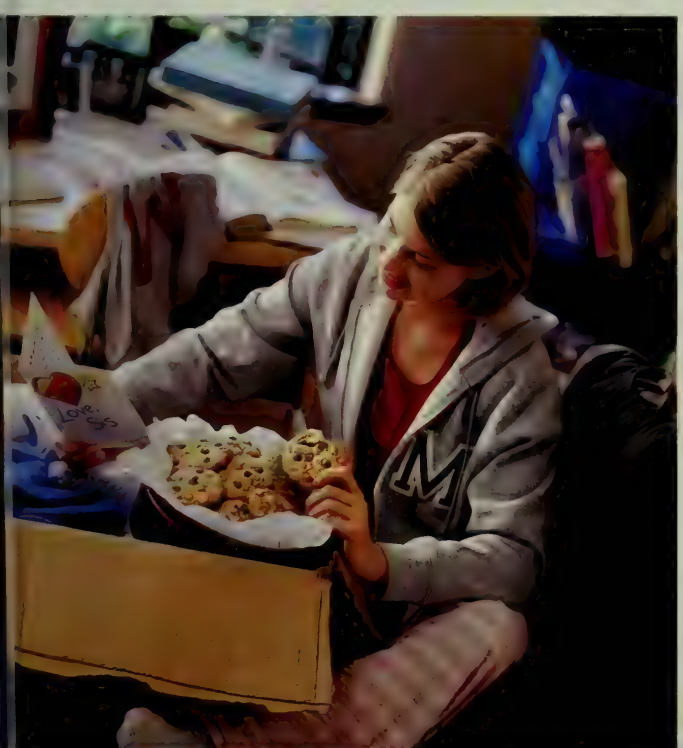


CROCKERY COOKER

It's been said that of all the appliances in the kitchen, the crockery cooker is easiest to use. Still, it's best to follow the owner's manual. Today, most crockery cookers are continuous slow cookers—foods are slowly and continually cooked at a low wattage via heating coils that wrap around the sides of the cooker and remain switched on during cooking.

From our Test Kitchen home economist, Judy Comstock: "The pots with the removable liners are my favorite. They're so easy to clean."

continued on page 174



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Original Nestlé® Toll House® Peanut Butter & Milk Chocolate Morsel Cookies

- 2 1/4 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. salt
- 1 cup (2 sticks) butter, softened
- 3/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 1 tsp. vanilla extract
- 2 large eggs
- 2 cups (12-oz. pkg.) Nestlé® Toll House® Peanut Butter & Milk Chocolate Morsels
- 1 cup chopped nuts

Preheat oven to 375°F. Combine flour, baking soda, and salt in small bowl. Beat butter, granulated sugar, brown sugar, and vanilla extract in large mixer bowl until creamy. Add eggs, one at a time, beating well after each addition. Beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets. Bake for 9–11 minutes. Makes about 60 cookies.

For many more easy recipes log on to:
www.VeryBestBaking.com



busyliveseasymeals

continued from page 173

Garlicky Steak and Asparagus

Tender beef steaks are great for indoor electric grills.

Prep: 15 minutes
Grill: 3 to 4 minutes

- 1 12- to 14-oz. boneless beef top loin (strip) steak, cut about ¾ inch thick
- 1 or 2 large cloves garlic, coarsely chopped
- ½ tsp. cracked or coarsely ground black pepper
- ¼ tsp. salt
- 8 to 10 thin asparagus spears, trimmed (6 oz.)
- 2 tsp. garlic-flavored olive oil or olive oil
- ½ cup beef broth
- 1 Tbsp. dry white wine
- ¼ tsp. Dijon-style mustard

1. Rub steak on both sides with a mixture of garlic, pepper, and salt. Place asparagus in shallow dish; drizzle with the oil.

2. For sauce, in medium skillet stir together broth and wine. Cook over high heat 4 to 5 minutes or until mixture is reduced to ¼ cup. Whisk in mustard; keep warm.

3. Preheat an indoor electric grill on high setting, if available. Place steak on grill rack. If using a covered grill, close lid. Grill until steak is desired doneness. (For a covered grill, allow 3 to 4 minutes for medium rare or 5 to 7 minutes for medium. For an uncovered grill, allow 6 to 8 minutes for medium rare or 8 to 10 minutes for medium, turning steak once.) If space allows, add asparagus to covered grill for the last 2 to 3 minutes. Or, for uncovered grill, add asparagus during the last 4 to 5 minutes of grilling. Cook asparagus until just crisp-tender.*

4. Spoon sauce on serving plate. Cut steak in half crosswise. Top with steak and asparagus. Serves 2.

Conventional Method: Prepare as above through Step 1. Place steak on unheated rack of a broiler pan. Broil 3 to 4 inches from heat for 8 to 10 minutes for medium rare or 10 to 12 minutes for medium, turning once and adding asparagus the last 2 minutes of broiling. Serve as directed above.

*Note: For smaller grills, asparagus can be grilled after the steak.

Nutrition facts per serving: 458 cal., 32 g total fat (11 g sat. fat), 110 mg chol., 549 mg sodium, 3 g carbo., 1 g fiber, and 37 g pro. Daily Values: 2% vit. A, 37% vit. C, 3% calcium, and 19% iron.

Deluxe Chicken and Roasted Pepper Sandwich

Here is an easy recipe—one that works particularly well on either a covered or uncovered indoor grill, since the chicken cooks quickly and remains juicy and tender.



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Prep: 15 minutes **Grill:** 4 to 6 minutes
Marinate: 15 minutes

- ¼ cup olive oil
- 4 tsp. red wine vinegar
- 1 Tbsp. snipped fresh thyme
- ½ tsp. salt
- ¼ tsp. crushed red pepper
- 4 skinless, boneless chicken breast halves (about 1¼ lb.)
- 4 1-inch-thick bias-cut slices Italian or French bread
- ¼ cup semi-soft cheese with herbs or semi-soft goat cheese (chevre)
- 1 cup roasted red sweet peppers (about one 7-oz. jar), cut into strips
- ½ cup fresh basil, watercress, or baby spinach leaves

1. In a small dish whisk together ıe oil, vinegar, thyme, salt, and ·ushed red pepper. Remove and :serve 2 tablespoons of marinade. Place chicken between 2 sheets of waxed paper; pound lightly with meat mallet to make an even thickness about ½ inch thick; place in a plastic bag. Add remaining marinade. Seal bag and marinate about 15 minutes at room temperature or up to 1 hour in refrigerator.

2. Lightly grease the rack of an indoor electric grill or lightly coat with nonstick cooking spray. Preheat grill. Brush cut sides of bread with reserved marinade. Place bread, cut side down, on grill rack. If using a covered grill, close the lid. Grill until lightly toasted. (For a covered grill, allow 1 to 2 minutes; for an uncovered grill, allow 2 to 4 minutes, turning once halfway through grilling.) Remove bread from grill; set aside.

3. Place chicken on grill rack. If using a covered grill, close the lid. Grill until chicken is tender and no longer pink. (For covered grill, allow 3 to 4 minutes; for an uncovered grill, allow about 8 to 10 minutes, turning once halfway through grilling.) Remove the chicken from grill and spread or sprinkle with the semi-soft cheese.

4. To serve, place one chicken breast on each grilled bread slice. Top with roasted pepper strips and basil leaves. Makes 4 servings.

Conventional Method: Prepare as above through Step 1. Toast bread slices in a skillet or grill pan or on a griddle over medium heat for 1 to 2 minutes per side. Remove bread from pan or griddle. Place chicken in the skillet, grill pan, or on the griddle. Cook over medium heat for 8 to 10 minutes or until tender and no longer pink, turning once. Remove from pan or griddle and spread or sprinkle with cheese. Serve as directed above.

continued on page 178

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NO PURCHASE NECESSARY. 1. HOW TO ENTER: There are four ways to enter this sweepstakes: A) Fill out the auto entry coupon found in the March issues of *Real Simple* and *Better Homes & Gardens* magazines, and the March 11th issue of *People* magazine, and available while supplies last, on special displays at participating retailers. You may automatically enter the sweepstakes by hand-printing your complete name, address, zip code, daytime phone number, and name of your favorite grocery retailer and redeeming the coupon by April 30, 2002. DO NOT MAIL COUPON. B) On a plain piece of 3" x 5" paper, hand-print your name, address, zip code, name of your favorite grocery retailer and daytime telephone number, and mail in an envelope to: Kraft Easter Sweepstakes Entry, P.O. Box 5612, Ellenton, FL 34222-5006. Entry must be postmarked by April 30, 2002, and received by May 10, 2002. One entry per envelope. C) Go online to www.kraftfoods.com and click on the Kraft Easter Sweepstakes button. Follow the instructions to enter. Online entries will only be accepted between 12:00 PM (noon) EST February 1, 2002, and 4:59 EST on April 30, 2002. Limit one online entry per week. D) Online participants may also receive an additional entry into the Kraft Easter Sweepstakes drawing for each valid and unique friend's email address provided on the Tell-A-Friend page, up to a maximum of 10 additional entries per week. Limit one sweepstakes entry per each valid and unique email address provided. Online entries generated by a script, macro or other automated means will be disqualified. Entries that are incomplete, illegible or corrupted are void and will not be accepted. No copies, facsimiles or mechanical reproductions of entry materials will be accepted. Not responsible for lost, late, illegible, incomplete, stolen, postage due or misdirected requests or mail. **2. PRIZES/ARV:** Ten (10) Grand Prizes: Free Groceries for a year (awarded in the form of a $5,500 check). One Thousand (1,000) First Prizes: A $50 check to be used towards the purchase of groceries. Limit 1 prize per family/household. Total approx. value of all prizes $105,000. All prizes will be awarded. **3. RANDOM DRAWING:** A random drawing will be held on or about November 29, 2002, by Promotions.com, an independent judging organization. The odds of winning depend on the number of eligible entries received. **4. ELIGIBILITY:** Sweepstakes open to residents of the U.S., 18 years of age and older as of February 1, 2002, except employees of Kraft Foods North America, Inc. (Sponsor), its parents, affiliates, subsidiaries, agencies, persons living in the same household, and the families of each. Void where prohibited. All federal, state and local laws and regulations apply. **5. GENERAL:** By participating in this promotion, entrant agrees to abide by and be bound by these Official Rules and the decisions of the judges, which are final in all matters relating to the sweepstakes. Potential winners must sign and return any required Winner's Affidavit and Release within 14 days of attempted delivery. If any prize notification is undeliverable, or in the event of non-compliance with any of these requirements, the prize will be forfeited, and an alternate winner may be selected at random from the remaining eligible entries. Winners will be notified by mail on or about November 29, 2002. No substitution or transfer of prize permitted. All taxes are the sole responsibility of winner. Acceptance of prize offered constitutes permission to use winner's name and/or likeness for advertising/trade purposes without further compensation, unless prohibited by law. Sponsor and Promotions.com are not responsible for technical, hardware or software malfunctions, lost or unavailable network connections, or failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications, telephone, telephone line or other telephone related problems or errors, whether caused by the sender or by any of the equipment or programming associated with or utilized in this sweepstakes or by any human error which may occur in the processing of the entries in this sweepstakes. If, in the judges' opinion, there is any suspected or actual evidence of tampering with any portion of the sweepstakes, or if technical difficulties compromise the integrity of the sweepstakes, the judges reserve the right to void suspect entries and/or terminate the sweepstakes and conduct a random drawing to award the prizes using all eligible, non-suspect entries received as of the date of termination. **6. WINNERS' LIST:** For a list of winners, send a self-addressed, stamped envelope by December 31, 2002, to: Kraft Easter Sweepstakes Winners, PO Box 5410 Ellenton, FL 34222-5004.
7. SPONSOR: Kraft Foods North America, Inc., Glenview, IL.

busyliveseasymeals

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Nutrition facts per serving: 418 cal., 20 g total fat (5 g sat. fat), 82 mg chol., 629 mg sodium, 21 g carbo., 2 g fiber, and 37 g pro. Daily Values: 5% vit. A, 177% vit. C, 5% calcium, and 14% iron.

Quick Grilled Herbed Ratatouille and Polenta

This dish is a whole meal when spooned over grilled polenta slices. For a meatier supper, grill smoked sausages along with the vegetables.

Prep: 25 minutes **Grill:** 17 minutes

- ½ of a small eggplant (about 6 oz.)
- 1 small zucchini (about 4 oz.)
- 1 small fennel bulb (about 6 oz.)
- ¼ cup olive oil
- 2 tsp. snipped fresh rosemary
- ½ tsp. salt
- ½ tsp. cracked black pepper
- 1 16-oz. tube plain refrigerated cooked polenta, cut into 12 slices
- 1 14½-oz. can diced tomatoes with garlic and onion

1. Peel eggplant, if desired. Slice eggplant, zucchini, and fennel crosswise into ¼-inch slices. In a small bowl combine oil, rosemary, salt, and pepper. Brush vegetables with about half of the oil mixture, reserving remaining oil mixture for the polenta.

2. Preheat an open indoor electric grill on high setting, if available. Arrange half the vegetables on grill rack. Grill for 6 to 8 minutes until vegetables are crisp-tender and grill marks appear, turning once. Remove vegetables from grill rack; set aside. Repeat with remaining vegetables. Brush polenta slices with reserved oil mixture. Place polenta slices on grill rack. Grill 5 to 10 minutes or until heated through and lightly browned, turning once.

3. Meanwhile, in saucepan heat undrained tomatoes until boiling. Add grilled vegetables. Simmer, uncovered, 5 minutes or to desired consistency, stirring occasionally.

4. To serve, place polenta slices in shallow bowls; spoon vegetable mixture over polenta. Makes 4 servings.

Conventional Method: Prepare vegetables and oil mixture as above in Step 1. Preheat a grill pan or skillet on range top over medium-high heat. Grill half of the vegetables as in Step 2; repeat with remaining vegetables. Use grill pan to grill polenta slices as above in Step 2. Continue with Step 3 and serve as above.

Nutrition facts per serving: 275 cal., 14 g total fat (2 g sat. fat), 0 mg chol., 1247 mg sodium, 33 g carbo., 13 g fiber, and 6 g pro. Daily Values: 3% vit. A, 23% vit. C, 4% calcium, and 9% iron.

Spicy Lamb Shanks

Infused with orange and aromatic spices, this dish is the perfect warming supper for chilly March days.

Prep: 25 minutes **Cook:** 8 to 9 hours

- 2 large oranges
- 1¼ cups beef broth
- 1½ tsp. ground cardamom
- 1 tsp. ground cumin
- ½ tsp. salt
- ½ tsp. ground turmeric
- ½ tsp. pepper
- 5 carrots, peeled and cut into 2-inch lengths
- 1½ cups boiling onions, peeled*
- 4 large cloves garlic, thinly sliced
- 4 lb. lamb foreshanks (3 to 4)
- 2 3-inch cinnamon sticks
- 2 Tbsp. water
- 4 tsp. cornstarch
- ⅓ cup pitted kalamata or other black olives, halved if desired
- 1 Tbsp. snipped fresh cilantro

1. Using a vegetable peeler, remove the orange part of the peel

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from one of the oranges. Cut into thin strips (you should have about ¼ cup); set aside. Squeeze juice from both oranges to make about ⅔ cup. In a small bowl stir together juice, broth, cardamom, cumin, salt, turmeric, and pepper. Set aside.

2. Place carrots, onions, and garlic in bottom of a 5- to 6-quart crockery cooker. Top with lamb shanks, strips of orange peel, and cinnamon sticks. Pour orange juice mixture over all. Cover and cook on low-heat setting for 8 to 9 hours or until lamb pulls easily from the bone.

3. To serve, transfer lamb shanks and vegetables to serving dish using a slotted spoon. Skim fat from cooking liquid. Remove and discard cinnamon sticks. Measure 1½ cups juices; transfer to small saucepan. Combine water and cornstarch; add to saucepan. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes more. Spoon sauce over lamb. Sprinkle olives and cilantro. Serves 4 to 6.

Conventional Method: Prepare orange peel and orange juice mixture as in Step 1. Place lamb shanks in a 5- to 6-quart Dutch oven. Top with orange peel and cinnamon sticks. Pour orange juice mixture over all. Bring to boiling; reduce heat. Cover and simmer for 1 hour. Top with carrots, onions, and garlic. Cover and simmer for 30 minutes to 1 hour longer or until meat and vegetables are tender. Continue as in Step 3 except prepare and thicken the sauce using a Dutch oven. Serve as above.

*Note: To make it easier to peel boiling onions, place onions in a saucepan with water. Bring to boiling and cook for 30 seconds. Slice off the root ends and squeeze onions from peels.

Nutrition facts per serving: 461 cal., 21 g total fat (8 g sat. fat), 150 mg chol., 760 mg sodium, 22 g carbo., 6 g fiber, and 44 g pro. Daily Values: 538% vit. A, 38% vit. C, 9% calcium, and 24% iron.

Beef and Red Bean Chili

Chipotle (smoked jalapeño peppers) in adobo is doubly delicious. The jalapeño provides a direct hit of heat, while the adobo sauce is a slow burn. Together, they give deep richness.

Prep: 70 minutes
Cook: 10 to 12 hours

- 1 cup dry red beans or dry kidney beans
- 1 Tbsp. olive oil
- 2 lb. boneless beef chuck, cut into 1-inch cubes
- 1 large onion, coarsely chopped
- 1 15-oz. can tomato sauce
- 1 14½-oz. can diced tomatoes with mild chilies
- 1 14-oz. can beef broth
- 1 or 2 chipotle chili peppers in adobo sauce, finely chopped, plus 2 tsp. adobo sauce
- 2 tsp. dried oregano, crushed
- 1 tsp. ground cumin
- ½ tsp. salt
- 1 medium red sweet pepper, chopped
- ¼ cup snipped fresh cilantro

1. Rinse beans; place in large saucepan. Add water to cover. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Remove from heat. Cover; let stand 1 hour.

2. In a skillet heat oil over medium-high heat. Cook half of beef and onion until mixture is lightly browned. Transfer to a 3½- or 4-quart crockery cooker. Repeat with remaining beef. Add tomato sauce, undrained tomatoes, broth, chipotle peppers and adobo sauce, oregano, cumin, and salt. Stir until combined. Drain; rinse beans. Stir into cooker.

3. Cover; cook on low-heat setting for 10 to 12 hours or high-heat setting 5 to 6 hours. Serve with sweet pepper and cilantro. Serves 6.

Conventional Method: Prepare beans as in Step 1 except use a 4- to 5-quart Dutch oven. Drain and rinse beans; set aside. Brown beef and onion as in Step 2 except use Dutch oven. Return all meat to pan. Stir in the tomato sauce, undrained tomatoes, broth, chipotle peppers and adobo sauce, oregano, cumin, salt, and beans. Bring to boiling; reduce heat. Simmer, covered, for 1½ to 2 hours or until the meat and beans are tender.

Nutrition facts per serving: 516 cal., 26 g total fat (9 g sat. fat), 98 mg chol., 1162 mg sodium, 32 g carbo., 8 g fiber, and 38 g pro. Daily Values: 34% vit. A, 91% vit. C, 7% calcium, and 34% iron.

Sicilian Artichokes

This is a classic Sicilian Lenten dish both because it is meatless and because artichokes are in season during this time of year.

Prep: 45 minutes
Cook: 8 minutes (at pressure)

- 3 cups onion and/or garlic croutons
- ½ cup finely chopped red or yellow sweet pepper
- ½ cup shredded mozzarella cheese (2 oz.)
- ¼ cup finely shredded Parmesan cheese
- 4 anchovy fillets, rinsed, patted dry, and finely chopped (optional)
- 2 Tbsp. olive oil
- 1 Tbsp. balsamic vinegar
- 1 Tbsp. snipped fresh oregano or 1 tsp. dried oregano, crushed
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper
- ⅛ to ⅓ cup chicken broth
- 4 large artichokes (about 10 oz. each)
- 2 Tbsp. lemon juice
- 1 cup water
- Olive oil

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1. In a large bowl coarsely crush croutons. Add sweet pepper, mozzarella and Parmesan cheeses, and anchovies. In small bowl combine oil, vinegar, oregano, salt, and pepper; drizzle over crouton mixture. Stir in broth. Set aside.

2. Wash artichokes; trim stems and remove loose outer leaves. Cut off 1 inch from top of each artichoke; snip off leaf tips with kitchen scissors. Brush edges with bit of lemon juice. Whack artichokes, point side down, on countertop and center will open to expose yellow center leaves and choke. Pull outer leaves away from center leaves. Scoop out inner yellow leaves and fuzzy center. Brush insides with lemon juice. Spoon filling into artichokes, packing lightly.

3. Put water in 6-quart pressure cooker. (Recipe works best in a stainless steel pressure cooker. Artichokes tend to discolor with aluminum.)

PRESSURE COOKERS

According to National Presto Industries, Inc., one of the oldest makers of pressure cookers, the pressure has actually been on cooking since the early 19th century when crude efforts at pressure canning were attempted. And, by the early 1900s, pressure cooking was recognized as a means of high-speed cooking. In 1939, the first saucepan-style pressure cooker was produced under the trade name "Presto."

Today, there are many pressure cooker options. No matter which model you choose, be sure to read and closely follow the manufacturer's operating instructions. Two very important details: Do not attempt to remove the cover until the pressure is completely reduced. And, do not overfill the pressure cooker. You'll find models in stainless steel, aluminum, and hard anodized. Sizes range from 4 to 8 quarts.

4. Place artichokes, stuffing side up, on rack in pressure cooker. Cover and lock lid in place. Bring to high pressure over high heat (allow about 10 minutes). Adjust heat for moderate cooking and cook 8 minutes. Quick-release pressure. Serve immediately. Pass additional olive oil for drizzling. Serves 4.

Conventional Method: Prepare artichokes as through Step 2. Place artichokes, stuffing side up, in a 4- to 5-quart stainless steel or enamel-coated Dutch oven. Add 1½ cups water to pan. Bring to boiling; reduce heat. Cover and simmer 25 to 30 minutes or until leaf pulls out easily. Carefully remove with tongs. Serve as above.

Nutrition facts per serving: 418 cal., 16 g total fat (4 g sat. fat), 14 mg chol., 1089 mg sodium, 55 g carbo., 19 g fiber, and 24 g pro. Daily Values: 24% vit. A, 113% vit. C, 29% calcium, and 19% iron.

Zesty Ravioli Salad

Any flavor ravioli tastes great. Your choice. We especially like the ones with multiple cheeses.

Prep: 25 minutes
Cook: 2 minutes per batch

- 1 9-oz. pkg. refrigerated ravioli (any flavor)
- 1 cup seasoned fine dry bread crumbs
- ¼ cup whole milk, half-and-half, or light cream
- 1 egg, slightly beaten
- Cooking oil for deep-fat frying
- 6 cups torn mixed salad greens
- 1 cup halved or quartered cherry tomatoes
- ¼ cup torn fresh basil
- ¼ cup bottled balsamic vinaigrette or Italian vinaigrette
- Finely shredded Parmesan cheese

1. In large saucepan cook ravioli in salted boiling water 3 minutes; drain well. Place bread crumbs in a

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shallow dish. In another shallow dish stir together milk and egg until combined. Dip ravioli first into egg mixture, then in bread crumb mixture. Cover and chill while oil heats.

2. Heat oil in electric deep-fryer according to manufacturer's directions. Fry ravioli, half at a time, about 2 minutes or until golden. Drain on paper toweling. Keep warm in 300° F oven.

3. Meanwhile, for salad, in bowl toss greens with tomatoes and basil; toss with vinaigrette. Divide among serving plates. Top with ravioli. Pass additional vinaigrette. Sprinkle Parmesan cheese. Makes 4 servings.

Conventional Method: Prepare ravioli as in Step 1. For frying, use heavy 3-quart saucepan filled with about 2 inches cooking oil. Attach deep-fat frying thermometer to side of pan. Heat oil over medium heat to 365° F. Carefully add ravioli to oil, 4 or 5 at a time (do not add too many at once or oil temperature will drop). Fry 2 minutes or until golden. Remove with slotted spoon; drain on paper toweling. Continue as in Step 3.

Nutrition facts per serving: 520 cal., 28 g total fat (6 g sat. fat), 118 mg chol., 1215 mg sodium, 49 g carbo., 2 g fiber, and 19 g pro. Daily Values: 17% vit. A, 22% vit. C, 17% calcium, and 18% iron.

Lime-Steamed Salmon

Prep: 15 minutes **Cook:** 12 minutes
Stand: 1 minute

- 2 limes
- 1 lb. salmon fillet, skinned and cut into 3 pieces about 1 inch thick
- 1 Tbsp. grated fresh ginger
- ⅛ tsp. salt
- ⅛ tsp. pepper
- 2 Tbsp. toasted sesame oil
- 2 cups trimmed small green beans (about 8 oz.) or one 9-oz. pkg. frozen French-cut green beans

1. Shred 2 teaspoons of peel from limes. Thinly slice limes; lay slices in bottom of steamer basket. Place fish in a single layer on top of the slices. Stir ginger, reserved lime peel, salt, and pepper into oil; brush generously over fish.

2. Place the fresh or frozen beans in the upper section of steamer container. Steam the fish and beans according to manufacturer's directions for 12 to 15 minutes or until cooked through. Arrange beans in serving dish; top with the salmon. Makes 3 servings.

Conventional Method: Shred lime peel and stir oil mixture together as above in Step 1. In saucepan place fresh or frozen green beans in a small amount of boiling salted water. Return to boiling; reduce heat. Simmer, covered, for 15 minutes (5 to 6 minutes for frozen beans). Drain. Meanwhile, place 4 cups water in a very large skillet. Bring to boiling; reduce heat. Place lime slices and salmon in steamer basket. Brush with oil mixture as above. Place steamer basket into skillet. Cover; steam about 10 minutes. Serve as above.

Nutrition facts per serving: 293 cal., 14 g total fat (2 g sat. fat), 78 mg chol., 204 mg sodium, 11 g carbo., 4 g fiber, and 32 g pro. Daily Values: 13% vit. A, 42% vit. C, 6% calcium, and 12% iron.

Jamaican Pork Stew

Until recently, plantains and yuca were produce items found only in Latino markets and American border towns. With the interest in foods of Central and South America, these starches are now in practically every well-stocked supermarket.

Prep: 40 minutes
Cook: 6 minutes (at pressure)

- 1 small yuca or white potato (about 12 oz.), peeled
- 2 Tbsp. olive oil
- 1½ lb. pork loin, cut into 1-inch cubes

MICROPLANE ZESTER/GRATER



Make Zesty Ravioli Salad (*recipe, page 182*) with a **Microplane Grater and Zester** from Grace Manufacturing. This stainless-steel, razor-sharp grater shaves fresh ingredients instead of ripping and shredding them, resulting in ingredients that maximize flavor. The grating surface measures 8×1 inches with raised edges for ease of measurement. An ergonomically designed handle makes the tool easy to use. The price is $24.95, which includes shipping, handling, and applicable sales tax.

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- 1 plantain, peeled and sliced into ¾-inch-thick slices
- 1 large onion, sliced
- 3 cloves garlic, minced
- 1 to 1½ tsp. Jamaican jerk seasoning
- ½ tsp. salt
- 2 large sweet potatoes (about 24 oz. total), peeled and cut into ½- to 1-inch cubes
- 1¼ cups chicken broth
- ½ cup dried apricots, halved

1. Halve yuca lengthwise; discard fibrous center. Cut into 1-inch pieces; set aside.

2. Remove rack from pressure cooker. Heat oil in 6-quart pressure cooker. Cook pork, plantain, and onion, half at a time, over medium-high heat, stirring until lightly browned. Return all of pork mixture to pan. Add garlic, jerk seasoning, and the ½ teaspoon salt. Cook 30 seconds more. Add sweet potatoes, yuca, broth, and apricots to cooker.

3. Cover, and lock lid in place. Bring up to pressure over high heat. Reduce heat just enough to maintain pressure. Cook 6 minutes. Quick release pressure. Carefully remove lid. Season to taste with salt and pepper. Makes 6 servings.

Conventional Method: Prepare yuca as above in Step 1. Heat oil in Dutch oven; cook pork, plantain and onion, half at a time, over medium-high heat, stirring often until mixture is browned. Return all of pork mixture to pan. Add garlic, jerk seasoning, and ½ teaspoon salt; cook and stir 30 seconds. Add only 1 cup broth. Bring to boiling; reduce heat. Simmer, covered, 30 minutes. Add sweet potato, yuca, and apricots; return to boiling. Reduce heat. Simmer, covered, 20 to 30 minutes or until meat is tender.

Nutrition facts per serving: 480 cal., 11 g total fat (3 g sat. fat), 62 mg chol., 566 mg sodium, 65 g carbo., 6 g fiber, and 31 g pro. Daily Values: 434% vit. A, 91% vit. C, 6% calcium, and 14% iron.

Tangy Barbecue Beef

Freeze any remaining beef in a freezer container up to three months.

Prep: 25 minutes **Cook:** 10 to 12 hours **Stand:** 15 minutes

- 2 Tbsp. chili powder
- 1 tsp. celery seeds
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- 1 3-lb. fresh beef brisket, trimmed of fat
- 2 onions, thinly sliced
- 1 cup bottled smoke-flavored barbecue sauce
- ½ cup beer or ginger ale
- 8 large sandwich buns or Portuguese rolls, split and toasted
- Bottled hot pepper sauce (optional)
- Mango slices

1. In a small bowl combine the chili powder, celery seeds, salt, and pepper. Rub the spice mixture onto all sides of the brisket. Scatter half of the sliced onions in the bottom of a 3½-, 4-, 5-, or 6-quart crockery cooker. Place the brisket on the onions, cutting the meat to fit the cooker, if necessary. Scatter the remaining onions on top of the brisket. In small bowl stir together barbecue sauce and beer or ginger ale. Pour over the brisket and onions.

2. Cover and cook on low-heat setting for 10 to 12 hours or until meat is fork-tender. Transfer meat to cutting board; let stand 15 minutes. Halve meat crosswise. Using 2 forks, pull meat into shreds. Return meat to sauce mixture in cooker. Heat sauce through using the high-heat setting.

3. To serve, use a slotted spoon to transfer beef and onion mixture into buns. Season with bottled hot pepper sauce. Top with mango. Serves 8.

Conventional Method: Preheat oven to 325° F. Combine seasoning mixture and rub onto brisket as above in Step 1. Place meat in shallow roasting pan. Top with all the sliced onions and pour a mixture of barbecue sauce and beer over meat. Cover and roast 3 hours or until meat is fork tender. Remove meat; let stand 15 minutes. Halve meat crosswise and shred. Pour sauce into saucepan; add meat. Heat through. Serve as above.

Nutrition facts per serving: 442 cal., 11 g total fat (3 g sat. fat), 98 mg chol., 971 mg sodium, 41 g carbo., 3 g fiber, and 41 g pro. Daily Values: 36% vit. A, 16% vit. C, 9% calcium, and 28% iron.

MAKING A "BIG" PURCHASE OF SMALL APPLIANCES

- Do your homework. Check out the housewares department of any large retailer or specialty kitchen shop. Often, the appliances are lined up side by side, where you can see and touch the differences. Many manufacturers offer helpful information on their Web sites.
- Determine how often you're likely to use the appliance. This will help you determine how much to spend. For example, depending on the model, prices for crockery cookers with oval shapes and removable stoneware range from approximately $25 on up. You'll find small covered grills starting for under $20, and larger indoor models going up to well over $100. Steamers can run the range. Suggested retail is typically under $100. You'll find pressure cookers at a variety of price points. Programmable models are higher, with suggested retail price of around $150. Deep fryers are available with a variety of options and sizes, costing from about $60 to $200.
- Still unsure? Give an appliance a test run in your own kitchen. Borrow one from a friend or relative and try a favorite recipe.



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hash browns

Most folks have an opinion on how they like their hash-brown potatoes—divided between those who like them as a crispy jumble of chopped golden nuggets, and those who prefer long delicate shreds fried into an orderly, soul-fortifying cake.

We'll teach you both methods. But whichever camp you belong to, the secret to perfect hash browns is patience. Let hash browns cook for the full time called for in the recipe before turning so they'll develop a nice brown crust (peek after about 4 minutes to make sure they don't burn). Then, if making the shredded style, turn carefully—using two spatulas or a spatula and a fork—to keep the potatoes together. Turn the chopped potatoes the same way, keeping them together as much as you can.

We've discovered that plain russet potatoes work the best for creating incredible shredded hash browns. You can also use whites or Yukon golds, if that's what you have on hand. For the chopped style, any potato works well.

continued on page 192

Shredded Hash Browns
Prep: 10 minutes **Cook:** 13 minutes

- 3 to 4 small russet or white potatoes (about ¾ lb.)
- ¼ cup finely chopped onion
- 1 small jalapeño pepper, banana pepper, or Anaheim pepper, seeded and chopped (optional)
- ¼ tsp. salt
- ⅛ tsp. coarsely ground black pepper
- 2 Tbsp. butter, cooking oil, or margarine

1. Peel potatoes and coarsely shred using the coarsest side of the grater (see photo, *top right*)—you should have about 2 cups. Rinse shredded potatoes in a colander; drain well and pat dry. In a medium bowl combine shredded potatoes, onion, jalapeño pepper (if using), salt, and black pepper.

2. In a large nonstick skillet heat butter over medium heat for 1 to 2 minutes or until hot. Carefully add potatoes, pressing into an even pancake-like round (about 7 to 8 inches in diameter). Using a spatula, press mixture firmly. Cover and cook over medium heat for 8 minutes or until golden brown. Check occasionally and reduce heat, if necessary, to prevent overbrowning. Turn using two spatulas or a spatula and fork. (If you're not sure you can turn in a single flip, cut into quarters and turn by sections. See photo, *bottom right*.) Cook, uncovered, 5 to 7 minutes more or until golden brown and crisp. Remove from skillet; cut into wedges. Makes 2 or 3 servings.

Nutrition facts per serving: 168 cal., 9 g total fat (1 g sat. fat), 0 mg chol., 197 mg sodium, 19 g carbo., 2 g fiber, 3 g pro. Daily Values: 0% vit. A, 27% vit. C, 1% calcium, 5% iron.



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COOL 'N' EASY® Pie

Prep: 10 minutes plus refrigerating

1 3/4 cup boiling water
1 pkg. (4-serving size) JELL-O Brand Strawberry Gelatin
1/2 cup cold water
Ice cubes
1 tub (8 oz.) COOL WHIP Whipped Topping, thawed
1 HONEY MAID Graham Cracker Pie Crust (6 oz.)

STIR boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Mix cold water and ice to measure 1 cup. Add to gelatin, stirring until ice is melted. STIR in whipped topping with wire whisk until smooth. Refrigerate 15 to 20 minutes or until mixture is very thick and will mound. Spoon into crust.

REFRIGERATE 4 hours or overnight. Garnish as desired. Makes 8 servings.



continued from page 190



Chopped Hash Browns

Russet potatoes (the brown ones) have a slightly drier, crumblier texture; the whites and reds are firmer and smoother in texture (see photo, *bottom right*).

Prep: 15 minutes **Cook:** 25 minutes

- ¼ tsp. salt
- 4 to 5 small potatoes (1 lb., such as russet, white, or red)
- ¼ cup finely chopped onion
- 1 small jalapeño pepper, banana pepper, or Anaheim pepper, halved lengthwise, seeded, and cut into thin strips (optional)
- ¼ tsp. salt
- ⅛ tsp. coarsely ground black pepper (optional)
- 3 Tbsp. butter, cooking oil, or margarine

1. Fill a medium saucepan one-third full of water; add ¼ teaspoon salt. Coarsely chop unpeeled potatoes by slicing lengthwise into strips, then cutting crosswise (see photo, *top right*). Place potatoes in saucepan. Bring water to boiling over high heat; reduce heat. Cook, uncovered, for 5 minutes. Remove from heat; drain well. In a medium bowl combine potatoes, onions, jalapeño pepper, the remaining ¼ teaspoon salt, and pepper.

2. In a large nonstick skillet melt butter. Add potato mixture and cook over medium heat, turning occasionally, about 20 minutes or until potatoes are soft and browned to your taste. Makes 4 servings.

Nutrition facts per serving: 159 cal., 8 g total fat (8 g sat. fat), 21 mg chol., 280 mg sodium, 19 g carbo., 3 g fiber, and 3 g pro. Daily Values: 6% vit. A, 27% vit. C, 2% calcium, and 5% iron.

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tel Cake

30 minutes
30 minutes
s: 12 servings

. (2-layer size) yellow cake mix
. (4-serving size) JELL-O® Brand Lime Flavor Gelatin
. (4-serving size) JELL-O® Brand Lemon Flavor Gelatin
s (8 oz. each) COOL WHIP®
ipped Topping, thawed

oven to 350°F. PREPARE cake s directed on package. Divide r into two bowls. ADD lime n to one bowl, lemon to the Stir thoroughly. POUR each separate wax-paper-lined, ed and floured 9-in. round pan. BAKE 28-30 minutes toothpick inserted in center out clean). Cool 15 minutes; e from pans.

Cool on wire racks. PLACE lime cake layer on serving plate; spread with 1/2 tub whipped topping. Top with lemon cake layer. Frost cake with remaining whipped topping. Store in refrigerator until ready to serve.

kraftfoods.com

JELL-O

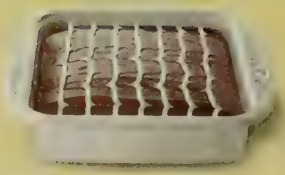
Cool Whip

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The Smiths' Holiday Party - Easy Spinach Lasagna



Little League Party - Marble Frosted Macadamia Brownies



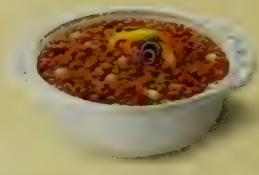
The Church Social - Creamy Mac & Cheese



Aunt Marge - Chocolate Raspberry Mousse



Sunday Brunch - Triple Cheese Potato Bake



Grandma's House - Oven Baked Beans



The Big Game - Baked Fiesta Enchiladas



The PTA Bake Sale - Cherry Apple Crisp



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asparagus

by Marge Perry

The appearance of thin, young asparagus spears in the market is a sure-fire sign of spring. While available year-round, asparagus is at its peak in March and April. But don't just grab any bunch in the produce aisle. Check out how it's stocked. Ideally, asparagus should be standing upright in a container filled with a couple of inches of water.

To store asparagus at home, wrap the stalk bottoms in a damp paper towel, then wrap that in foil. The shoots will stay crisp and tender in the fridge for two to four days before starting to lose their flavor.

When cooked to crisp-tender, asparagus has a distinctive, pleasantly pungent flavor. And, cooking asparagus is a snap, really. To know exactly where the tender, edible part begins, hold the stalk at the bottom and just below the tip. Bend the spear several times until you find the place that is most flexible; snap it off there. Then, tidy up the end with a knife.

Lay the stalks in a skillet filled with about ½ inch of boiling water and cook 3 to 4 minutes (depending on the thickness of the stalks), or until the stalks turn bright green. Don't overcook; asparagus will become woody and fibrous, with an assertive odor and a wilted appearance.

TEN IDEAS FOR SERVING UP THE SPEARS

- Transform a melted cheese-and-bacon sandwich by adding stalks of blanched or roasted asparagus.
- Toss cooked asparagus pieces with cooked pasta, grated Parmesan, olive oil, and lemon juice.
- Wrap cooked spears in prosciutto for a simple hors d'oeuvre.
- Roll fish fillets around spears of blanched asparagus, then bake.
- Marinate uncooked asparagus in balsamic vinegar, then grill.
- Toss cooked, chopped asparagus into cooked risotto or wild rice.
- Add asparagus and fresh herbs, such as tarragon, to soup broths.
- Fold cooked asparagus and smoked salmon into an omelette.
- Roast asparagus drizzled with orange juice, olive oil, and orange zest in a 450° F oven.
- Puree cooked stalks with a small amount of water, lemon juice, and olive oil for an asparagus sauce.

To serve asparagus cold, place the cooked, drained asparagus in a colander under cold water or place in an ice bath.

To ensure you get tender and flavorful stalks, follow these guidelines. Look for:

- Tightly closed tips.
- Deep green and/or purplish color (not sage or grayish green).
- Taut skin. You don't want to see any wrinkling along the stalk, which is a sure sign of age.
- Firm stalks. Here's an easy test: Hold a stalk from the bottom and it should stand up straight—even if it's pencil thin.

One last word on the finished product: According to today's etiquette experts, it's okay to eat asparagus with your fingers as long as the stalks are firm, and not dripping with a sauce or melted butter. Otherwise, use a knife and fork.

PHOTOGRAPH: COLLEEN DUFFLEY

LENOX

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LENOX

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Pendant and gems shown actual size: (left to right) amethyst, diamond in an "illusion" setting and blue topaz.

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FEB/Amethyst		AUG/Peridot	
MAR/Aquamarine		SEP/Sapphire	
APR/Diamond		OCT/Opal	
MAY/Emerald		NOV/Blue Topaz	
JUN/Pearl		DEC/Turquoise	

Birthstones shown larger than actual size.

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Order Form • Mail by March 31, 2002

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Children's birth months: (Stones will be set left to right. Limit 6.)

1. ☐☐☐ 2. ☐☐☐ 3. ☐☐☐

4. ☐☐☐ 5. ☐☐☐ 6. ☐☐☐

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Don't be shy; show your mussels. Steamed fresh mussels, that is. Use any leftovers as a delicious stir-in to marinated salads, pastas, or fish stews.



Shellfish Intentions

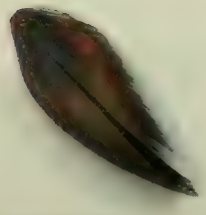
by Ken Haedrich



Prince Edward



Green Lip



Mediterranean

Mussels Steamed in Wine
Prep: 1 hour **Cook:** 6 minutes

- 1 lb. live mussels
- ⅓ cup salt
- 1 medium onion, finely chopped (about ½ cup)
- 3 cloves garlic, minced
- 2 Tbsp. olive oil
- ½ cup dry white wine, chicken broth, or vegetable broth
- ½ cup water
- 2 bay leaves
- ¼ tsp. salt
- 2 Tbsp. finely snipped parsley
- Freshly ground pepper
- Lemon wedges (optional)

1. Discard mussels with broken shells. Pull off "beards." Using a stiff brush, scrub mussels under cold running water.

2. In a Dutch oven combine 4 quarts cold water and the ⅓ cup salt; add mussels. Soak 15 minutes. Drain and rinse. Soak, drain, and rinse twice more in unsalted water.

3. In the same Dutch oven cook onion and garlic in olive oil over medium heat for 3 to 4 minutes or until just tender. Carefully add wine, water, bay leaves, and the ¼ teaspoon salt. Bring to boiling. Place the mussels in a steamer basket. Set basket in Dutch oven. Cover. Steam 3 to 5 minutes or until shells open. (Note: For Italian-style mussels, add 1 ripe tomato, seeded and finely chopped, with the wine.)

4. Lift steamer basket from Dutch oven, reserving broth. Discard any unopened mussels and the bay leaves. Divide the mussels among 4 large, shallow soup bowls. Pour the broth over each portion. Sprinkle parsley and pepper over each. Serve with lemon wedges, if desired. Makes 4 appetizer servings.

Nutrition facts per serving: 114 cal., 7 g total fat (1 g sat. fat), 8 mg chol., 231 mg sodium, 4 g carbo., 1 g fiber, and 4 g pro. Daily Values: 3% vit. A, 10% vit. C, 2% calcium, and 9% iron.

BETWEEN THE SHELLS

- Mussels are available year-round.
- Allow ¼ to ½ pound mussels per person to serve as an appetizer, ½ to 1 pound as a main course.
- Buy mussels only from reputable seafood dealers, such as supermarkets or licensed fish markets.
- At purchase, mussels should be alive, with shells slightly agape. To check, tap the mussel hard with your fingertip. If the shell closes, even slightly, the mussel is OK.



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Measuring Up

by Ken Haedrich

Two basic types of measuring cups—liquid and dry measures—are essential in the kitchen. The main difference between the two is that a liquid measure filled to capacity leaves room to move the cup without spilling the liquid. A dry measure is designed to be filled and then leveled to get a precise reading. Leveling with a knife blade works best.

A trip up the housewares aisle of major department stores or specialty kitchen shops is an easy way to buy measuring tools. The sturdy glass or plastic liquid measures you'll find there are hard to beat. While most liquid measures require that you check the amount at eye level, a new cup design changes all that. The plastic cup has a special angled surface that lets you read measurement markings by looking straight down into the cup.

For dry ingredients, pick a set of ¼-, ⅓-, ½-, and 1-cup measures. If they nest, you'll save on storage space. With measuring spoons, you'll want to have more than one set (in ⅛ teaspoon to 1 tablespoon increments) so you don't have to wash spoons in mid-recipe. Leave spoons attached to the ring they come on. This way, they won't get lost in action.



Pack solid vegetable shortening or butter into dry measures to eliminate air spaces. Level the top with a knife blade.

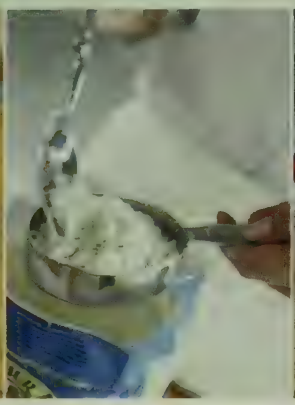
Measuring spoons should be dry when used. Scoop your ingredient to overflowing, then level with a table knife. Narrow spoons that fit easily into spice jars are a wise choice.

Measure flour by gently spooning it into your cup. Don't pack down the flour. Slide a knife blade over the rim to level, letting excess fall back into the bag.

Place the liquid measuring cup on a level surface; bend down to read at eye level while pouring to the correct mark. Select glass cups for easier reading; a 2-cup measure is standard, and a 4-cup measure is helpful to have on hand. ⌂











Bistro-Style Fish Sandwich

1 package (8 count) Van de Kamp's Crunchy Fish Fillets
1 medium onion, sliced
2 teaspoons olive oil or butter
1/2 teaspoon dried basil
1/2 cup mayonnaise
1 tablespoon Dijon-style mustard
4 kaiser or hamburger buns, split

1. Bake fish fillets according to package directions.
2. Cook onions and basil in olive oil over medium heat, stirring occasionally until lightly browned.
3. In a small mixing bowl, stir mayonnaise and mustard together.
4. Spread small amount of Dijon mayonnaise on bottom half of each bun. Top with two fish fillets, 1/4 of the onion mixture, a dollop of mayonnaise mixture. Cover with top half of bun.

Makes 4 sandwiches
Prep time: 15 min
Bake time: 20 minutes

Van de Kamp's
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Love

(cleverly disguised as chocolate)

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Chocolate is chocolate, but Baker's is love.

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bakerschocolate.com

We love babies, human or otherwise. These chubby little sweeties are plump with tropical fruit.

Short & Sweet

South African baby pineapple: Topping off at 4 inches tall, this cutie is super sweet. It's dense with rich-textured fruit and low in acid. When purchasing, look for a golden color and use the sniff test; when ripe, these are very aromatic. South African baby pineapples are available year-round in major markets. Can't find them? Ask your produce manager to order some.

Baby Hawaiian pineapple: This one hails from the islands of *aloha* and stands about an inch taller than the South African baby pineapple. A mini-version of the flavorful Sugar Loaf, the baby Hawaiian has a mild sweetness with a slightly crunchy but edible core. The fruit is low in acid. Like the South African variety, it can be found all year at most major markets.

Golden pineapple: This big guy looks like the standard fresh pineapple, but take a bite of its succulent flesh and you'll notice the difference. The fruit is sweeter and more brilliant in color than the common variety. Golden is ready to eat when purchased, so there's no waiting for it to ripen. The core is edible, but is a tad tougher than the baby varieties.

Quick tips:

- Lop off the top and bottom of pineapple. Slice remaining fruit into thin wedges. Nibble around the rind. Or, cut off the top and scoop out fruit. Use the hollow shell to serve pineapple salsa or exotic drinks.



South African baby



Baby Hawaiian



Golden

Sunday Best



Adding Baker's to your
makes any occasion special.

Chocolate Oreo Cheesecake

Prep: 30 minutes plus refrigerating
Bake: 1 hour

Baker's One Bowl™ Recipe

- 18 OREO® Chocolate Sandwich Cookies, finely crushed (1-½ cups)
- 2 Tbsp. butter or margarine, melted
- 3 pkg. (8 oz. each) PHILADELPHIA™ Cream Cheese, softened
- ¾ cup sugar
- 1 tsp. vanilla
- 3 eggs
- 1 pkg. (8 squares) BAKER'S Semi-Sweet Baking Chocolate, melted, cooled slightly

HEAT oven to 325°F. **MIX** crushed cookies and butter; press onto bottom of 9-inch springform pan. **Bake** 10 minutes.

MIX cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs, mixing on low speed just until blended. Blend in melted chocolate. Pour over crust. **BAKE** 55 to 60 minutes or until center is almost set. Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan.



Refrigerate 4 hours or overnight. Makes 12 servings.

How to press crumbs into pan to make crust: Use bottom of straight-sided glass to evenly press cookie crumb mixture onto bottom of springform pan.



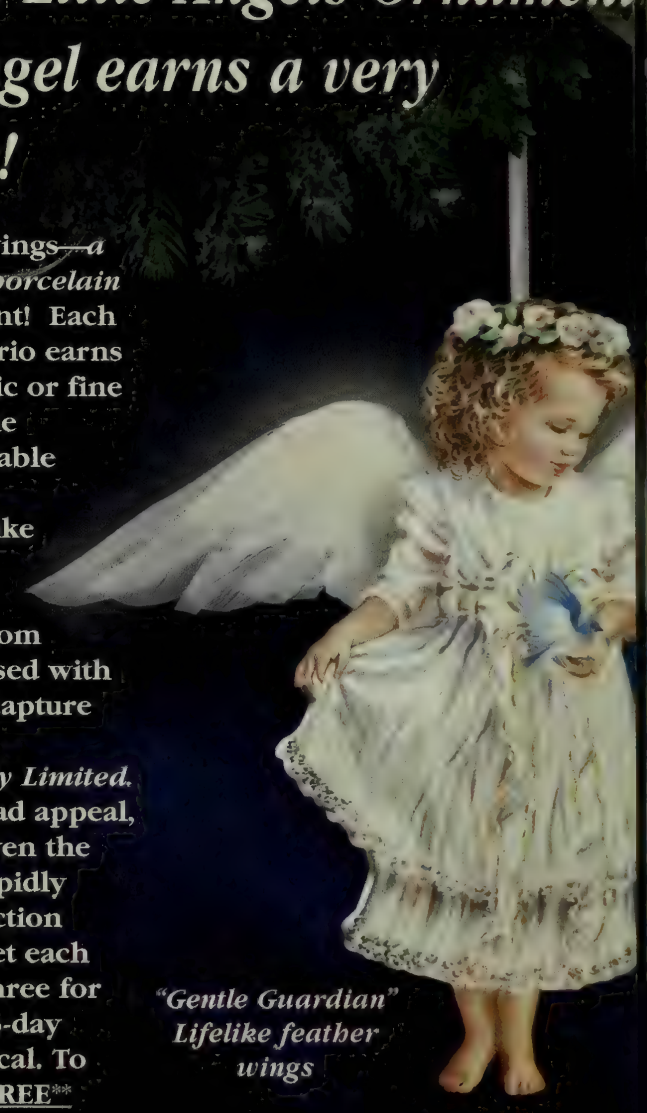
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Introducing Heaven's Little Angels Ornament ...where each little angel earns a very special pair of wings!

Unique and delicate three-dimensional wings—*a different pair on each two-dimensional porcelain ornament*—make these angels heaven sent! Each sweet, innocent angel in this ornament trio earns her own spectacular pair of feather, fabric or fine mesh wings. Sent from above, they're the *Heaven's Little Angels* ornaments—available exclusively from Bradford Editions!

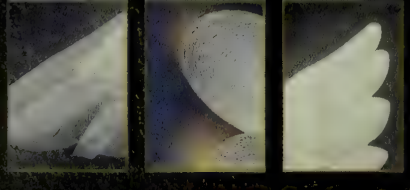
"Gentle Guardian" is graced with lifelike feather wings as delicately soft as a bluebird's. "Loving Kindness" features golden-edged, cloud-soft wings crafted from fine mesh. And "Garden Miracle" is blessed with satiny fabric wings carefully stitched to capture the look of individual feathers.

Urgent Notification: Availability Is Strictly Limited. Precious angel art like this has widespread appeal, and continues to be in strong demand. Given the time-intensive crafting, demand could rapidly exceed availability. So reserve the collection now, and be one of the select group to get each ornament at only $9.99 (sold in sets of three for $29.97 plus shipping), backed by our 365-day guarantee. Your prompt response is critical. To secure your reservation—and receive a FREE** Ornament Storage Case—send no money now. Just complete and mail the coupon today.



"Gentle Guardian" Lifelike feather wings

Enhanced with uniquely different pairs of wings



FREE Heirloom Ornament Storage Case

Order now and receive a specially designed Heirloom Ornament Case for storage and display of your complete collection—a $45-value, yours FREE**



Charming portrayals of child angels in a unique collection ... available for a limited time only from Bradford Editions

collectiblestoday.com



Please Respond Promptly

The Bradford Editions

9303 MILWAUKEE AVENUE NILES, ILLINOIS 60714

YES. Please enter my order for the *Heaven's Little Angels* ornament Collection, beginning with Set One as shown. I need SEND NO MONEY NOW. I understand I will be billed $29.97* (plus $4.99 postage and handling) when my first 3-ornament set is shipped. Subsequent sets in the series will be shipped automatically, about every other month, backed by our 365-day guarantee.

Signature _____

Mr. Mrs. Ms. _____
Name (Please Print Clearly)

Your Address _____

City _____ State _____ Zip _____

*Illinois residents add state sales tax. **One-time charge of $6.99 postage and handling added for Storage Case, shipped after Set 3. Pending credit approval.

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49674-E81206

Win Money and Prizes Prize Tested Recipes® (see page 209)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize: GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes: Two $400 winners, two $200 winners, ten $50 honor rolls

October 2002 Categories: Fall Salads: Share your salads—whether side dish or main—that show off what's best about fall's produce. They can be arranged or tossed, but should include such ingredients as apples, pears, cabbage, Brussels sprouts, kale, nuts, squashes, and more.

Cheesy Appetizers: How do you turn a favorite cheese or combination of cheeses into hot or cold appetizers? All cheese varieties are welcome, and any form is fine: spreads, fondues, warm pastries, crisp crackers, appetizer cheesecakes, tiny tarts, mini pizzas, or dips.

This Month's Winners — Pages 209 and 210

$400 Winners: Lisa Volpe Hachey, Hopkinton, Mass.; Nancy Skahill, Greenlawn, N.Y. $200 Winners: Alison Kane, Athens, Ga.; Gloria Kirchman, Eden Prairie, Minn. $50 Honor Roll Winners: Alex Baez, Austin, Texas; Elaine Baldrica, Hibbing, Minn.; Jeanne Hendrickson, South Beach, Ore.; Gerry Holcomb, Fairfax, Calif.; Jacqueline Pahl, Palmer, Mass.; Betty L. Perry, Lincoln, Neb.; Jasmina Shane, Bayside, N.Y.; Miriam Toibb, St. Louis, Mo.; Alice Westergaard, Galt, Mo.; June Whitson, Navarre, Fla.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Fall Salads" or "Cheesy Appetizers." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0210 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by March 22, 2002, and received by March 29, 2002. E-mail entries must be posted by 11:59 p.m., EST, March 22, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

Nutrition Information How to make it work for you



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the analysis. The analysis is calculated using 2 percent reduced-fat milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need:

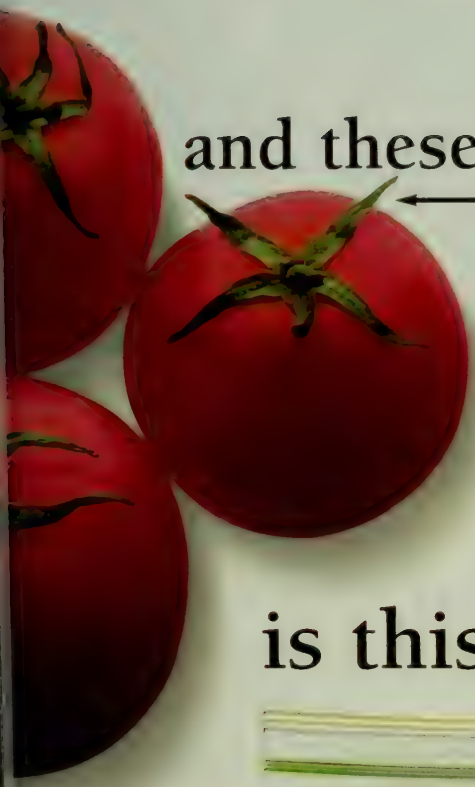
Calories	About 2,000
Total fat	Less than 65 grams
Saturated fat	Less than 20 grams
Cholesterol	Less than 300 milligrams
Carbohydrate	About 300 grams
Sodium	Less than 2,400 milligrams
Dietary fiber	20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

The only difference between these tomatoes



and these tomatoes



is this Glad® bag.



New Glad® FreshProtect™ bags helped keep these tomatoes fresher longer.* They're the only bags with a Double-Lock® green seal and textured barrier to seal in freshness. For more tips on keeping tomatoes and other foods fresh, visit www.glad.com.

DON'T GET MAD. GET GLAD.®

©2001 The Glad Products Company *Versus store produce bag after 25 days in refrigerator. Results may vary.



Danielle and Deidrianna's mom, Wanda, is a proud mom. And proud of the fact that she's been a dedicated Tyson team member since 1996.

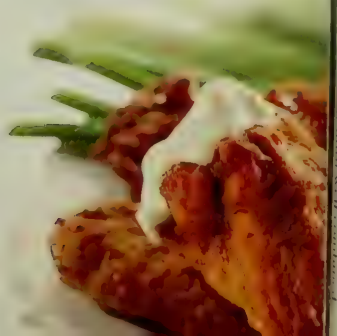
You'd bottle this *moment* if you could.

You give them *quality* chicken that's *all natural* because you can

Every Tyson chicken product begins with all natural chicken.
That means there are no additives, and it's minimally processed.
And that means a lot.

Tyson®

It's what your *family* deserves.



w w w . t y s o n . c o m

see page 206 for details



$400 winner Butternut Risotto

Nancy Skahill, Greenlawn, N.Y.,
in the Rice on the Side Category, March 2002

- 5 cups reduced-sodium chicken broth
- 2 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 lb. butternut squash, peeled, seeded, and cut into ¼- to ½-inch cubes (about 3 cups)
- 1½ cups arborio rice
- ¼ tsp. thread saffron, crushed, or ground turmeric
- 2 Tbsp. butter or margarine
- 2 Tbsp. finely shredded Parmesan cheese
- ⅛ tsp. pepper
- Finely shredded Parmesan cheese (optional)

In a medium saucepan bring broth to boiling. Cover and reduce heat until broth just simmers. Meanwhile, in a large nonstick skillet heat oil over medium heat. Add garlic; cook and stir for 15 seconds. Add squash and rice; cook and stir 1 minute more.

Slowly and carefully add ½ cup of the hot broth and the saffron or turmeric to rice mixture, stirring constantly. Continue to cook and stir over medium heat until broth is absorbed. Continue adding broth, ½ cup at a time, stirring constantly until the broth has been absorbed but mixture is creamy. (This should take about 25 minutes.)

Remove from heat. Stir in butter or margarine, the 2 tablespoons cheese, and the pepper. Spoon into a serving bowl. Sprinkle with additional finely shredded Parmesan cheese. Makes 8 to 10 servings.

Nutrition facts per serving: 183 cal., 7 g total fat (3 g sat. fat), 10 mg chol., 440 mg sodium, 27 g carbo., 1 g fiber, and 5 g pro. Daily Values: 85% vit. A, 19% vit. C

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 206 for details



$400 winner Pumpkin Spice Whoopies

Lisa Volpe Hachey, Hopkinton, Mass.,
in the Best Cake Mix Fix-Ups Category, March 2002

- 1 cup canned pumpkin
- ⅓ cup butter, softened
- 1 pkg. 2-layer-size spice cake mix
- 2 eggs
- ½ cup milk
- 1 recipe Marshmallow-Spice Filling

Preheat oven to 375° F. Line a cookie sheet with parchment paper or foil (grease foil, if using). In a large mixing bowl beat pumpkin and butter with an electric mixer on medium speed until smooth. Add cake mix, eggs, and milk; beat on low speed until combined, and then on medium speed for 1 minute. By the heaping tablespoon, drop mounds of batter 3 inches apart on cookie sheet; keep remaining batter chilled. Bake 15 minutes or until set and lightly browned around edges. Carefully remove from parchment or foil; cool on wire rack. Repeat with remaining batter, lining cooled cookie sheets each time with new parchment or foil. If desired, place cookies in a covered storage container with waxed paper between layers to prevent sticking. Store cookies at room temperature for 24 hours. Prepare Marshmallow-Spice Filling up to 2 hours before serving. Spread about 2½ tablespoons filling on flat side of one cookie; top with a second cookie. Repeat. Serve immediately or cover and chill up to 2 hours. Makes 15.

Marshmallow-Spice Filling: Up to 2 hours before serving, beat together ½ cup softened butter and one 8-ounce package softened cream cheese until smooth. Add 2 cups sifted powdered sugar, ½ of a 7-ounce jar marshmallow cream, 1 teaspoon vanilla, and ½ teaspoon each ground cinnamon and nutmeg. Beat until well combined.



see page 206 for details

$200 winner Easy Lemon Sugar Snaps

Gloria Kirchman, Eden Prairie, Minn.,
in the Best Cake Mix Fix-Ups Category, March 2002

- ¾ cup butter, softened
- 1 egg
- 1 pkg. 2-layer-size lemon cake mix
- 1 cup yellow cornmeal
- 2 Tbsp. finely shredded lemon peel
- Coarse sugar or granulated sugar

Preheat oven to 375° F. In a large mixing bowl beat butter and egg with an electric mixer on medium to high speed for 30 seconds. Gradually beat in cake mix until combined; stir in cornmeal and lemon peel.

Using 1 tablespoon of dough for each cookie, roll into 1-inch balls. Roll in sugar. Place 2 inches apart on ungreased cookie sheets. Bake for 9 to 10 minutes or until bottoms are lightly browned. Let cool on cookie sheet for 1 minute. Transfer to wire rack. Cool completely. Makes about 3½ dozen cookies.

Nutrition facts per cookie: 99 cal., 5 g total fat (2 g sat. fat), 14 mg chol., 114 mg sodium, 14 g carbo., 0 g fiber, and 1 g pro. Daily Values: 3% vit. A, 1% vit. C, 3% calcium, and 2% iron.



Enter our Prize Tested Recipes® contest and
Win GE Profile
appliances, worth up to

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.



see page 206 for details

$200 winner Guacamole Salad

Alison Kane, Athens, Ga.,
in the Rice on the Side Category, March 2002

- 3 cups cooked basmati rice
- 1 large tomato, seeded and chopped (⅔ cup)
- ¾ cup chopped sweet onion (such as Vidalia or Walla Walla)
- 3 Tbsp. snipped fresh cilantro
- 3 Tbsp. lemon juice
- 2 to 3 Tbsp. seeded and finely chopped fresh jalapeño pepper*
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp. pepper
- 1 avocado, halved, seeded, peeled, and chopped
- 2 Tbsp. lime juice
- Shredded romaine lettuce
- Lime wedges

In a large bowl combine rice, tomato, onion, cilantro, lemon juice, jalapeño pepper, olive oil, salt, and pepper. Toss avocado with lime juice; stir into rice mixture. Cover and chill for 2 to 8 hours. Spoon mixture on top of shredded romaine lettuce. Serve with lime wedges. Makes 6 servings.

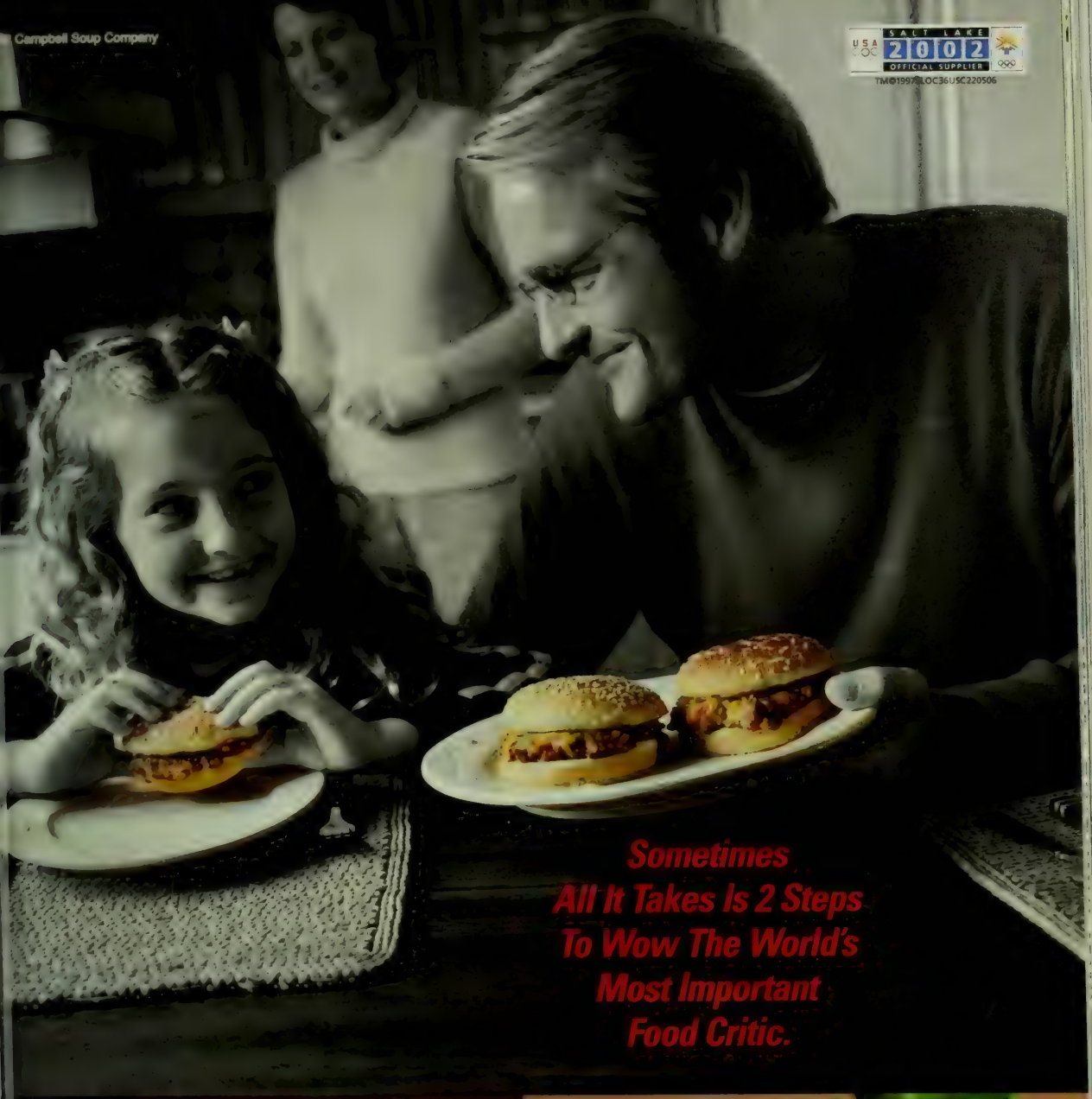
Nutrition facts per serving: 233 cal., 10 g total fat (1 g sat. fat), 0 mg chol., 203 mg sodium, 34 g carbo., 3 g fiber, and 4 g pro. Daily Values: 24% vit. A, 39% vit. C, 3% calcium, and 13% iron.

*Note: Hot peppers contain oils that can burn eyes, lips, and sensitive skin. Always wear plastic gloves while preparing hot peppers, and be sure to wash your hands thoroughly.

PHOTOGRAPHS: KIM CORNELISON

Campbell Soup Company

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Sometimes All It Takes Is 2 Steps To Wow The World's Most Important Food Critic.

Campbell's 2-Step Beefy Taco Joes

Prep/Cook Time: 15 Min. • Makes 8 Sandwiches

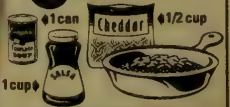
1 BROWN



1 lb. Ground Beef.



2 ADD



Soup & Salsa. Heat Through. Top With Cheese. Serve On Rolls.

M'm! M'm! Good!

www.campbellsoup.com





Not-So Innocent Food

A PB&J sandwich with milk seems like an innocuous lunch. But for children who are allergic to peanuts, it can be life threatening. Other foods that commonly cause allergies are eggs, milk, fish, shellfish, wheat, soy, and tree nuts, such as walnuts or cashews. Reactions can range from a rash or stomach distress to anaphylaxis, a severe condition when the throat swells and blood pressure drops suddenly. Symptoms may appear within minutes to two hours of eating. Consult your doctor if you suspect your child has a food allergy.

How do you keep children with food allergies safe when they're away from home? The Food Allergy & Anaphylaxis Network (FAAN) offers helpful tips: Tell your children not to trade food with friends and to avoid "unsafe" foods or anything with unknown ingredients. Teach them to recognize the signs of an allergic reaction and to tell an adult immediately if they suspect a potential allergy-related problem. As your children mature, show them how to read food labels since many allergy-causing substances are listed with technical names, such as "casein" for milk or "albumin" for eggs.

For information, visit the FAAN Web site at www.foodallergy.org or call 800/929-4040.

—Elaine Cooper, R.N.

Vision Quest

Prevent Macular Degeneration

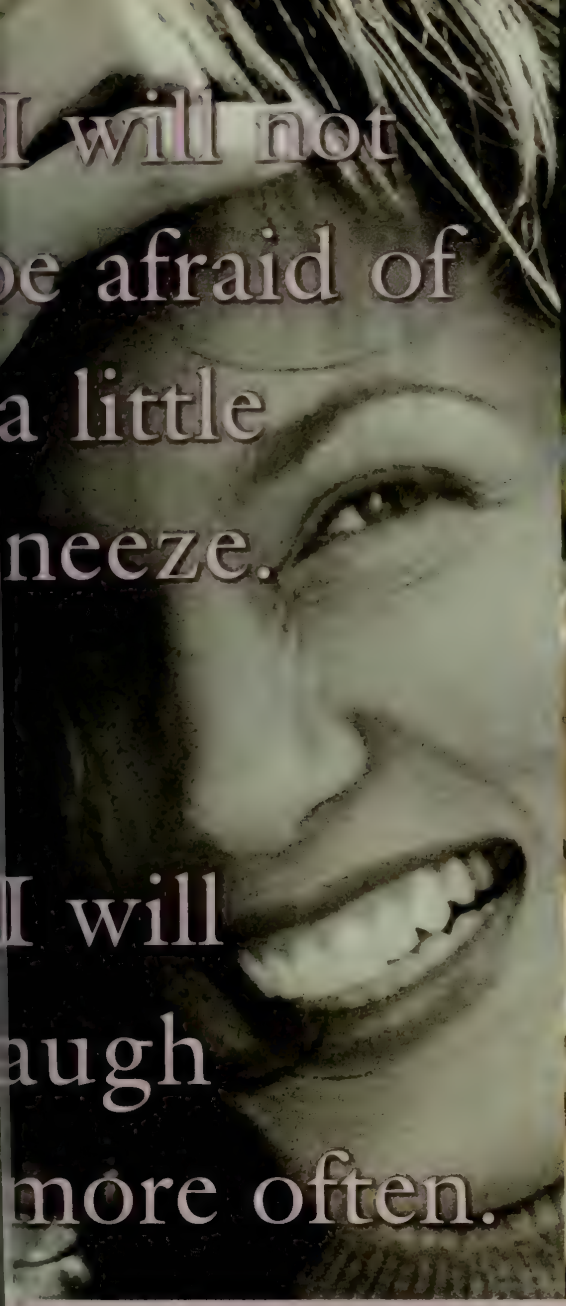
Chomping on a bunch of carrots to improve your sight is a myth. But a dose of antioxidants and zinc might help if you're at high risk for age-related macular degeneration (AMD), a retinal eye disease causing progressive loss of central vision.

A clinical trial showed that a dietary supplement of 400 international units of vitamin E, 500 milligrams (mg) of vitamin C, 15 mg of beta-carotene, 80 mg of zinc as zinc oxide, and 2 mg of copper as cupric oxide may slow down the disease.

A diet rich in leafy green vegetables may not provide this high level of vitamins and minerals. But before taking extra supplements, consult your doctor.

Hot to trot. Ballroom dancers are burning up the floor. Even college-age kids are following in the fluid footsteps of the swing generation. Whatever your age, cutting the rug improves balance, circulation, overall body tone, and stamina, while strengthening weight-bearing bones. Remembering intricate steps will sharpen your mind. And if you and your partner desire passion, tango lessons are catching fire. For information: United States Amateur Ballroom Dancers Association (www.usabda.org).

continued on page 214





w Poise® Pantiliners are designed especially for light loss of bladder control.

Lots of us experience light loss of bladder control, sometimes just when laughing or sneezing. But I've discovered new Poise Pantiliners. They're as thin and discreet as ordinary pantiliners, but with a super-absorbent center to keep you drier. Look for Poise Pantiliners on a different store shelf with other Poise products. And feel free to have a good laugh.



Freedom to be yourself.

www.poise.com Consult your doctor about bladder control problems.

Family Health Update

continued from page 212

"Natural" Doesn't Necessarily Mean Safe

The Food and Drug Administration (FDA) does not regulate herbs, as it does over-the-counter and prescription drugs. Some herbal medication can cause complications. For instance, researchers have linked ephedra, an ingredient often found in energy boosters and diet pills, to seizure, stroke, and heart attack.

The FDA has warned against products with comfrey, known to cause liver damage, and against Chinese herbal products with aristolochic acid, a compound linked to kidney damage.

Using herbal supplements with Coumadin (warfarin), a prescription drug used to thin blood and prevent clots, may result in harmful interactions. For example, feverfew, ginkgo, and ginger may interfere with the ability of blood-clotting cells to stick together. Garlic may increase the tendency to bleed.

If you opt to take herbal medications, tell your doctor. Quality does vary in herbal medications; look for those that contain a "standardized extract," a manufacturer's guarantee of key ingredients. For a review of independently tested herbal products, check out this Web site: www.consumerlab.com. —*Nick Gallo*

For more information, see "Herbal Remedies" on *page 224.*



Sweating over Hormone Replacement Therapy

For decades women managed menopause and relieved symptoms, such as hot flashes, vaginal dryness, and night sweats, with hormone replacement therapy (HRT), or the administration of the female hormones estrogen and progesterone. But research says that HRT is no longer a clear-cut choice. Women and their doctors need to weigh the pros and cons, as well as take into account family and personal health history.

The American Heart Association now recommends that HRT should not be initiated for secondary prevention of cardiovascular disease in postmenopausal women, according to an article published in the *Journal of the American Medical Association* in 2001. The association adopted this recommendation after results from clinical trials indicated that no overall cardiovascular benefit results from HRT, and that a possible early increased risk of cardiovascular disease may occur when women with documented atherosclerosis began the therapy.

The Women's Estrogen for Stroke Trial, published in *The New England Journal of Medicine* in late 2001, suggested that HRT does not reduce stroke risk in women who previously have suffered a stroke or a transient ischemic attack (when a blood clot temporarily clogs an artery and part of the brain does not receive its blood supply and oxygen).

Some health professionals believe estrogen may raise the risk of endometrial and uterine cancers, slightly increase the risk of breast cancer, contribute to the development of blood clots and gallstones, and exacerbate existing problems with uterine fibroids and fibrocystic breasts.

Two major studies sponsored by the National Institutes of Health—the Million Women Study in 2003 and the Women's Health Initiative in 2006—may shed more light on HRT. —*Katherine Reardon, R.N., M.S.*

Does your asthma require the use of inhaled steroids? If so, you may want to increase your calcium and vitamin D intake. A study done on premenopausal women at Brigham and Women's Hospital in Boston linked the number of steroid puffs per day and bone-density loss. Work with your doctor to control asthma with the lowest possible dose of inhaled steroids and to maintain good bone health.



NGULAIR can help you control your child's asthma.

NGULAIR is different from many daily inhaled con-llers. It's not a steroid and it's a once-a-day cherry ewable tablet that can help control your child's asthma a full 24 hours.

NGULAIR helps keep the airways open to make breathing sier. It's also been shown to reduce reliance on rescue dications.

NGULAIR should NOT be used for the fast relief of ute asthma attacks or to prevent or treat asthma de worse by exercise. Your child should still have cue medication available. Your child should continue to e their other asthma medications unless their doctor s you to stop. SINGULAIR should be taken once a day, he evening as prescribed, whether or not your child has asthma symptoms. If symptoms get worse or they need to increase the use of their rescue inhaler, call their doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age.

SINGULAIR is available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. It's also available in a 10-mg tablet for adults. SINGULAIR is available by prescription only.

Ask your child's doctor about adding once-a-day SINGULAIR.

And call 1-888-MERCK-57. Or visit our website at **singulair.com/kids**

ONCE-A-DAY

SINGULAIR

(MONTELUKAST SODIUM)

Asthma control that can help you breathe easier.

Please see the Patient Product Information on the next page and discuss it with your doctor.

SINGULAIR is a registered trademark of Merck & Co., Inc.

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20202645(1)(210)-SNG

SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR® Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6-14).
  3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness
fever
abdominal (stomach) pain
stomach or intestinal upset (gastroenteritis)
heartburn
dizziness
headache
rash
cough
flu
stuffy nose

Less common side effects included the following

- allergic reactions including:
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- hallucinations
- irritability
- restlessness
- insomnia
- seizures
- nausea
- vomiting
- dyspepsia
- diarrhea
- pancreatitis
- muscle aches and muscle cramps
- increased bleeding tendency
- bruising
- edema

Rarely, patients taking SINGULAIR have experienced a condition that includes a combination of certain symptoms that do not go away or that get worse. These symptoms may include

- a flu-like illness
- rash
- a feeling of pins and needles or numbness of arms or legs
- severe inflammation (pain and swelling of the sinuses (sinusitis)

These have occurred usually, but not always, patients who were taking oral corticosteroid pills for asthma and those corticosteroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you develop one or more of these symptoms.

Remember, anytime you have a medical problem you think may be related to SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone else. It was prescribed only for you. Do not use it for a condition for which it was not prescribed.

Keep SINGULAIR and all medicines out of the reach of children.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

This leaflet provides a summary of information about SINGULAIR. If you have any questions or concerns about either SINGULAIR or asthma, talk to your doctor. In addition, you can talk to your pharmacist or other health care provider. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals.

Inactive ingredients:
4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

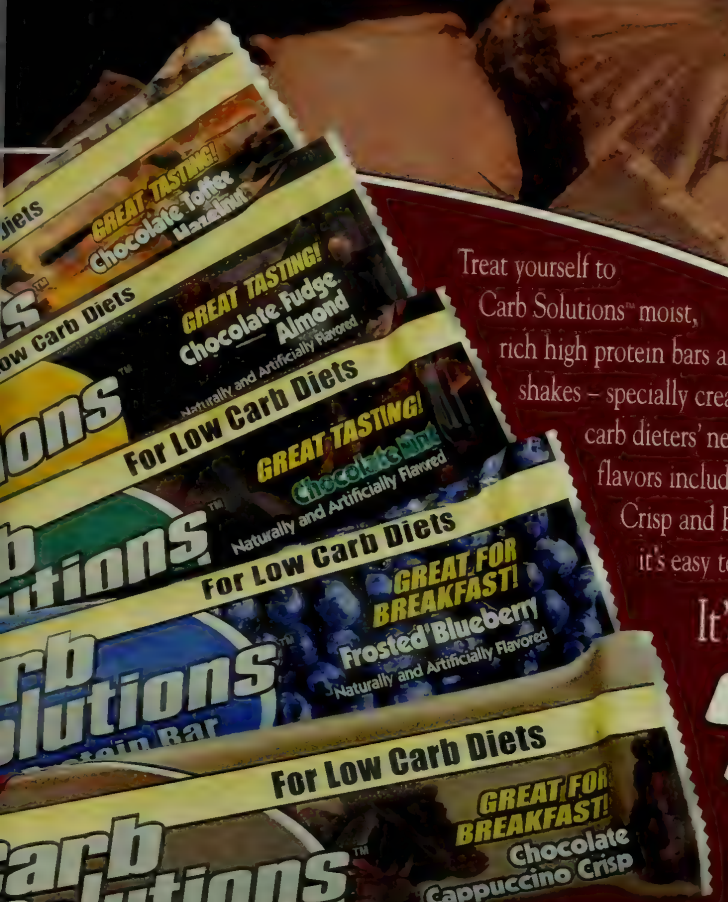
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help your child breathe easier

Learn the signs of asthma: a cough that lasts for weeks, night cough, chest tightness, shortness of breath with exercise, wheezing, or a persistent runny nose.

by Michelle Meyer

Children are increasingly vulnerable to asthma, an inflammation or irritation of the airways. In the last 20 years, cases have increased by as much as 160 percent. Taking protective measures will help minimize your children's chances of developing this disease.

Strive for prevention

- Make sure they avoid wood smoke.
- Don't smoke around your kids.
- Limit exposure to asthma-triggering chemicals, such as air fresheners and deodorants.
- Get standard vaccinations, but don't overprotect your kids from germs through use of antimicrobial products. Once kids are diagnosed with asthma, they should get the flu vaccine annually.
- Thwart colds, which often aggravate asthma, by telling your children to wash their hands often so they won't transfer germs.
- Use allergen-proof covers on box springs, pillows, and mattresses. To kill dust mites, each week you should vacuum the house and wash bed linens in hot water. If possible, don't use carpet or upholstered furniture in their bedrooms. Keep furry and feathery pets away from your kids, or at least their bedrooms. To prevent allergy-aggravating mold, don't use humidifiers.

Recognize the symptoms

Watch for signs, such as a cough that lasts for weeks every time your children catch colds, says Nathan Rabinovitch, M.D., assistant professor of pediatrics at the National Jewish Medical and Research Center in Denver. Other symptoms include night cough, chest tightness, shortness of breath with exercise, wheezing, or a persistent runny nose. Asthma is commonly misdiagnosed as bronchitis, recurrent pneumonia, and reactive airways disease, especially in children younger than 3 years, says Rabinovitch.

"Even if your children have the disease, realize that often as they get older, the disease gets milder," says Laurie Smith, M.D., senior clinical allergist at Walter Reed Army Medical Center.

The disease is considered under control if the child has no asthma attacks, including at night; has no need for rescue medicine; doesn't miss school; and can do the same activities as other kids. "Asthmatics can do anything anyone else can do," says Smith. Asthma didn't stop track-and-field star Jackie Joyner-Kersee from winning Olympic gold.

Resources for managing asthma

Stay informed by contacting these organizations: Asthma and Allergy Foundation of America (202/466-7643, www.aafa.org) and Allergy & Asthma Network Mothers of Asthmatics (800/878-4403, www.aanma.org). Also access information at these professional Web sites: American Academy of Allergy, Asthma & Immunology (www.aaaai.org) or American College of Allergy, Asthma & Immunology (www.allergy.mcg.edu).

ASTHMA RISK FACTORS

Kids may be more likely to develop asthma if:

- Either parent has asthma.
- Their mothers smoked while pregnant.
- They're under age 6 and one parent smokes.
- There is a dog in the house.
- They have allergies.
- They wheeze after a cold or viral infection, especially under age 3.

Get tips for relieving common respiratory ailments at www.bhg.com/coldsflualleregy



01 Clorox Co. *Among scented dilutables on kitchen grease.

Today, having mad passionate moments without worrying about birth control officially counts as one of the joys of motherhood.



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Meet Mirena®. Birth control for moms.

Whether you're a new mom or a mom many times over, we think you'll be overjoyed to hear about Mirena. Mirena gives you the joy of spontaneity, the joy of peace-of-mind, as well as the joy of crossing birth control off that very long list called Things I Have To Think About. Because Mirena is innovative and over 99% effective, it can free you from worrying about birth control for up to 5 years. (Are you starting to feel the joy? Read on.)



The joy of spontaneity. With Mirena, there's no pill to remember, no cream, no mess, nothing to break the mood. After all, moms don't get a lot of free time to be intimate, so you should fully enjoy every moment you get. Easily inserted by your doctor in a routine office visit, Mirena is perfect for family planning as well. If you decide you want to have more children, just have Mirena removed. Studies show your chances of getting pregnant after Mirena are the same as for women who have not been using any method of birth control. Mirena may also give you shorter, lighter periods and is estrogen-free.

The joy of peace-of-mind. Whether you have date night once a week or find time every few days, you can rely on Mirena to prevent pregnancy without you having to do a thing. Because Mirena is an intrauterine system with a proven track record. It's FDA approved and has been successfully used by 2 million women in Europe over the past ten years. (Maybe that's why European moms seem so care-free.)



The joy of crossing birth control off that very long list called Things I Have To Think About. This one's a biggie. Being able to forget about birth control while still being confidently protected is enough to make you feel like adding "make love more often" to your To Do list.

Ask your doctor about Mirena—Birth control for moms. For more information, you can visit www.mirena.com/bh or call 1-800-986-1515, and we'll send you a free brochure. (Oh, joy!)

You may have some questions we can answer right now. For instance, "Is intrauterine contraception right for me?" Only your doctor can determine that, but women with a history of or at risk for pelvic inflammatory disease or ectopic pregnancy should not use Mirena. Otherwise, most moms are typically good candidates for Mirena. "What about side effects?" you ask. Well, they're uncommon and may include a cyst on the ovaries, missed menstrual periods, irregular bleeding or spotting for the first 3-6 months, or lighter, shorter periods thereafter. *Mirena does not protect against HIV (AIDS) and other sexually transmitted diseases.* Please see brief summary of Prescribing Information on the reverse side.

Mirena®
(levonorgestrel-releasing intrauterine system) 20 µg/day

Birth control for Moms.

MIRENA® (levonorgestrel-releasing intrauterine system)

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTHER SEXUALLY TRANSMITTED DISEASES

Rx only

INDICATIONS AND USAGE: MIRENA® is indicated for intrauterine contraception for up to 5 years. Thereafter, if continued contraception is desired, the system should be replaced. **RECOMMENDED PATIENT PROFILE:** MIRENA® is recommended for women who have had at least one child, are in a stable, mutually monogamous relationship, have no history of pelvic inflammatory disease, and have no history of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

CONTRAINDICATIONS: MIRENA® insertion is contraindicated when one or more of the following conditions exist: 1. Pregnancy or suspicion of pregnancy. 2. Congenital or acquired uterine anomaly including fibroids if they distort the uterine cavity. 3. Acute pelvic inflammatory disease or a history of pelvic inflammatory disease unless there has been a subsequent intrauterine pregnancy. 4. Postpartum endometritis or infected abortion in the past 3 months. 5. Known or suspected uterine or cervical neoplasia or unresolved, abnormal Pap smear. 6. Genital bleeding of unknown etiology. 7. Untreated acute cervicitis or vaginitis, including bacterial vaginosis or other lower genital tract infections until infection is controlled. 8. Acute liver disease or liver tumor (benign or malignant). 9. Woman or her partner has multiple sexual partners. 10. Conditions associated with increased susceptibility to infections with microorganisms. Such conditions include, but are not limited to, leukemia, acquired immune deficiency syndrome (AIDS), and I.V. drug abuse. 11. Genital actinomycosis (See **WARNINGS**). 12. A previously inserted IUD that has not been removed. 13. Hypersensitivity to any component of this product. 14. Known or suspected carcinoma of the breast. 15. History of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

WARNINGS: 1. Ectopic Pregnancy: In large clinical trials of MIRENA®, half of all pregnancies detected during the studies were ectopic. The per-year incidence of ectopic pregnancy in the clinical trials was approximately 1 ectopic pregnancy per 1000 users per year. The rate of ectopic pregnancies associated with MIRENA® use is not significantly different than the rate for sexually active women not using any contraception. Clinical trials of MIRENA® excluded women with a history of ectopic pregnancy. MIRENA® is not recommended for use in women with a history of ectopic pregnancy or conditions that increase the risk of ectopic pregnancy. Women who choose MIRENA® must be warned about the risks of ectopic pregnancy. They should be taught to recognize and report to their physician promptly any symptoms of ectopic pregnancy. Women should also be informed that ectopic pregnancy has been associated with complications leading to loss of fertility. **2. Intrauterine Pregnancy:** In the event of an intrauterine pregnancy with MIRENA®, the following should be considered. a) Septic abortion: In patients becoming pregnant with an IUD in place, septic abortion—with septicemia, septic shock, and death—may occur. If pregnancy should occur with a MIRENA® in place, MIRENA® should be removed. Removal or manipulation of MIRENA® may result in pregnancy loss. b) Continuation of pregnancy: If a woman becomes pregnant with MIRENA® in place and if MIRENA® cannot be removed or the woman chooses not to have it removed, she should be warned that failure to remove MIRENA® increases the risk of miscarriage, sepsis, premature labor and premature delivery. She should be followed closely and advised to report immediately any flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge or leakage of fluid. c) Long-term effects and congenital anomalies: When pregnancy continues with MIRENA® in place, long-term effects on the offspring are unknown. Because of the intrauterine administration of levonorgestrel and local exposure to the hormone, the possibility of teratogenicity following exposure to MIRENA® cannot be completely excluded. Clinical experience with the outcomes of pregnancies is limited due to the small number of reported pregnancies following exposure to MIRENA®. Congenital anomalies have occurred infrequently when MIRENA® has been in place during pregnancy. In these cases the role of MIRENA® in the development of the congenital anomalies is unknown. As of September 1999, 32 live births following exposure to MIRENA® were reported retrospectively. All but 2 of the infants were healthy at birth. One infant had pulmonary artery hypoplasia and another infant had cystic hypoplastic kidneys. (A sibling of this infant had renal agenesis with no MIRENA® exposure.) **3. Sepsis:** As of 1999, four cases of Group A streptococcal sepsis (GAS) out of an estimated 1.3 million MIRENA® users were reported. All four women experienced the symptom of severe pain within hours of insertion, and this was followed by sepsis within a few days (of insertion). All recovered with treatment. Since death from GAS is more likely if treatment is delayed, it is important to be aware of these rare but serious infections. Aseptic technique during MIRENA® insertion is essential. (GAS sepsis can also occur postpartum, after minor surgery, in wounds and in association with other IUDs.) **4. Pelvic Inflammatory Disease (PID):** MIRENA® is contraindicated in the presence of known or suspected PID or in women with a history of PID unless there has been a subsequent intrauterine pregnancy. Use of IUDs has been associated with an increased risk of PID. The highest risk of PID occurs shortly after insertion (usually within the first 20 days thereafter) (see **Insertion Precautions**). A decision to use MIRENA® must include consideration of the risks of PID. a) Women at increased risk for PID: PID is often associated with a sexually transmitted disease, and MIRENA® does not protect against sexually transmitted disease. The risk of PID is greater for women who have multiple sexual partners, and also for women whose sexual partner(s) have multiple sexual partners. Women who have ever had PID are at increased risk for a recurrence or re-infection. b) PID warning to MIRENA® users: All women who choose MIRENA® must be informed prior to insertion about the possibility of PID and that PID can cause tubal damage leading to ectopic pregnancy or infertility, or in infrequent cases can necessitate hysterectomy, or can cause death. Patients must be taught to recognize and report to their physician promptly any symptoms of pelvic inflammatory disease. These symptoms include development of menstrual disorders (prolonged or heavy bleeding), unusual vaginal discharge, abdominal or pelvic pain or tenderness, dyspareunia, chills, and fever. c) Asymptomatic PID: PID may be asymptomatic but still result in tubal damage and its sequelae. d) Treatment of PID: Following a diagnosis of PID, or suspected PID, bacteriologic specimens should be obtained and antibiotic therapy should be initiated promptly. Removal of MIRENA® after initiation of antibiotic therapy is usually appropriate. Guidelines for PID treatment are available from the Centers for Disease Control (CDC), Atlanta, Georgia. Adequate PID treatment requires the application of current standards of therapy prevailing at the time of occurrence of the infection with reference to prescription labeling. Actinomycosis has been associated with IUDs. Symptomatic women with IUDs should have the IUD removed and should receive antibiotics. However, the management of the asymptomatic carrier is controversial because actinomycetes can be found normally in the genital tract cultures in healthy women without IUDs. False positive findings of actinomycosis on Pap smears can be a problem. When possible, confirm the Pap smear diagnosis with cultures. **5. Irregular Bleeding and Amenorrhea:** MIRENA® can alter the bleeding pattern. During the first three to six months of MIRENA® use the number of bleeding and spotting days may be increased and bleeding patterns may be irregular. Thereafter the number of bleeding and spotting days usually decreases but bleeding may remain irregular. If bleeding irregularities develop during prolonged treatment, appropriate diagnostic measures should be taken to rule out endometrial pathology. Amenorrhea develops in approximately 20% of MIRENA® users by one year. The possibility of pregnancy should be considered if menstruation does not occur within six weeks of the onset of previous menstruation. Once pregnancy has been excluded, repeated pregnancy tests are not necessary in amenorrheic subjects unless indicated by other signs of pregnancy or by pelvic pain. **6. Embedment:** Partial penetration or embedment of MIRENA® in the myometrium may decrease contraceptive effectiveness and can result in difficult removals. **7. Perforation:** An IUD may perforate the uterus or cervix, most often during insertion although the perforation may not be detected until some time later. If perforation occurs, the IUD must be removed and surgery may be required. Adhesions, peritonitis, intestinal perforations, intestinal obstruction, abscesses and erosion of adjacent viscera have been reported with IUDs. It is recommended that postpartum MIRENA® insertion be delayed until uterine involution is complete to decrease perforation risk. There is an increased risk of perforation in women who are lactating. Inserting MIRENA® immediately after first trimester abortion is not known to increase the risk of perforation, but insertion after second trimester abortion should be delayed until uterine involution is complete. **8. Ovarian Cysts:** Since the contraceptive effect of MIRENA® is mainly due to its local effect, ovulatory cycles with follicular rupture usually occur in women of fertile age using MIRENA®. Sometimes atresia of the follicle is delayed and the follicle may continue to grow. Enlarged follicles have been diagnosed in about 12% of the subjects using MIRENA®. Most of these follicles are asymptomatic, although some may be accompanied by pelvic pain or dyspareunia. In most cases the enlarged follicles disappear spontaneously during two to three months' observation. Surgical intervention is not usually required. **9. Breast Cancer:** Women who currently have or have had breast cancer should not use hormonal contraception because breast cancer is a hormone-sensitive tumor. **10. Risks of Mortality:** The available data from a variety of sources have been analyzed to estimate the risk of death associated with various methods of contraception. The estimates of risk of death include the combined risk of the contraceptive method plus the risk of pregnancy or abortion in the event of method failure. The findings of the analysis are shown in the following table:

Annual Number of Birth-Related or Method-Related Deaths Associated with Control of Fertility per 100,000 Nonsterile Women, by Fertility Control Method According to Age

	AGE GROUP					
METHODS	15-19	20-24	25-29	30-34	35-39	40-44
No Birth Control Method/Term	4.7	5.4	4.8	6.3	11.7	20.6
No Birth Control Method/AB	2.1	2.0	1.6	1.9	2.8	5.3
IUD	0.2	0.3	0.2	0.1	0.3	0.6
Periodic Abstinence	1.4	1.3	0.7	1.0	1.0	1.9
Withdrawal	0.9	1.7	0.9	1.3	0.8	1.5
Condom	0.6	1.2	0.6	0.9	0.5	1.0
Diaphragm/Cap	0.6	1.1	0.6	0.9	1.6	3.1
Sponge	0.8	1.5	0.8	1.1	2.2	4.1
Spermicides	1.6	1.9	1.4	1.9	1.5	2.7
Oral Contraceptives	0.8	1.3	1.1	1.8	1.0	1.9
Implants/Injectables	0.2	0.6	0.5	0.8	0.5	0.6
Tubal Sterilization	1.3	1.2	1.1	1.1	1.2	1.3
Vasectomy	0.1	0.1	0.1	0.1	0.1	0.2

Harlap S. et al. Preventing pregnancy, protecting health: a new look at birth control choices in the US. The Alan Guttmacher Institute. 1991.1-129.



PRECAUTIONS

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTHER SEXUALLY TRANSMITTED DISEASES.

1. Patient Counseling: Prior to insertion, the physician, nurse, or other trained health professional must provide the patient with the Patient Package Insert. The patient should be given the opportunity to read the information and discuss fully any questions she may have concerning MIRENA® as well as other methods of contraception. Careful and objective counseling of the user prior to insertion regarding the expected bleeding pattern, the possible interindividual variation in changes in bleeding and the etiology of the changes may have an effect on the frequency of removal due to bleeding problems and amenorrhea. The patient should be told that some bleeding such as irregular or prolonged bleeding and spotting, and/or cramps may occur during the first few weeks after insertion. If her symptoms continue or are severe she should report them to her health care provider. She should also be given instructions on what other symptoms require her to call her physician. She should be instructed on how to check after her menstrual period to make certain that the thread still protrudes from the cervix and cautioned not to pull on the thread and dislodge MIRENA®. She should be informed that there is no contraceptive protection if MIRENA® is displaced or expelled. **Patient Evaluation and Clinical Considerations:** a) A complete medical and social history, including that of the partner, should be obtained to determine conditions that might influence the selection of an IUD for contraception (see **CONTRAINDICATIONS**). A physical examination should include a pelvic examination, a Pap smear, and appropriate tests for any other forms of genital disease, such as gonorrhea and chlamydia laboratory evaluations, if indicated. **Special attention must be given to ascertaining whether the woman is at increased risk of ectopic pregnancy or PID. MIRENA® is contraindicated in these women.** b) **The health care provider should determine that the patient is not pregnant.** The possibility of insertion of MIRENA® in the presence of existing undetermined pregnancy is reduced if insertion is performed within 7 days of the onset of a menstrual period. MIRENA® can be replaced by a new system at any time in the cycle. MIRENA® can be inserted immediately after first trimester abortion. c) MIRENA® should not be inserted until 6 weeks postpartum or until involution of the uterus is complete in order to reduce the incidence of perforation and expulsion. d) Patients with certain types of valvular or congenital heart disease and surgically constructed systemic-pulmonary shunts are at increased risk of infective endocarditis. Use of MIRENA® in these patients may represent a potential source of septic emboli. Patients with known congenital heart disease who may be at increased risk should be treated with appropriate antibiotics at the time of insertion and removal. Patients requiring chronic corticosteroid therapy or insulin for diabetes should be monitored with special care for infection. e) MIRENA® should be used with caution in patients who have a coagulopathy or are receiving anticoagulants. f.) Use of MIRENA® in patients with vaginitis or cervicitis should be postponed until proper treatment has eradicated the infection and until it has been shown that the cervicitis is not due to gonorrhea or chlamydia (see **CONTRAINDICATIONS**). **2. Insertion Precautions:** Because the presence of organisms capable of establishing infection cannot be determined by appearance, and because IUD insertion may be associated with introduction of vaginal bacteria into the uterus, strict asepsis should be observed at insertion. Administration of antibiotics may be considered, but the utility of such treatment is unknown. The uterus should be carefully sounded prior to MIRENA® insertion to determine the degree of patency of the endocervical canal and the internal os, and the direction and depth of the uterine cavity. In occasional cases, severe cervical stenosis may be encountered. Do not use excessive force to overcome this resistance. Syncope, bradycardia, or other neurovascular episodes may occur during insertion or removal of MIRENA®, especially in patients with a predisposition to these conditions or cervical stenosis. If decreased pulse, perspiration, or pallor are observed, the patient should remain supine until these signs have disappeared. **3. Continuation and Removal:** MIRENA® must be replaced every 5 years because contraceptive effectiveness after 5 years has not been established. a) User complaints of pain, odorous discharge, bleeding, fever, genital lesions or sores should be promptly responded to and prompt examination recommended. (See **WARNINGS** regarding amenorrhea.) A examination during visits subsequent to insertion reveals that the length of the threads has changed from the length at time of insertion, and the system is verified as displaced, it should be removed. A new system may be inserted at that time or during the next menses if it is certain that conception has not occurred. If the threads are not visible, location of the MIRENA® should be verified, for example with X-ray, ultrasound, or gentle probing of the uterine cavity. If the MIRENA® is in place with no evidence of perforation, no intervention is indicated. If expulsion has occurred, it may be replaced within 7 days of a menstrual period if pregnancy has been ruled out. c) Since MIRENA® may be displaced, patients should be reexamined and evaluated shortly after the first postinsertion menses, but definitely within 3 months after insertion. Symptoms of the partial or complete expulsion of an IUD may include bleeding or pain. However, the system can be expelled from the uterine cavity without the woman noticing it. Partial expulsion may decrease the effectiveness of MIRENA®. As menstrual flow usually decreases after the first 3 to 6 months of MIRENA® use, increase of menstrual flow may be indicative of an expulsion. d) In the event a pregnancy is confirmed during MIRENA® use, the following steps should be taken: • Determine whether pregnancy is ectopic and take appropriate measures if it is. • Inform patient of the risks of leaving MIRENA® in place or removing it during pregnancy and of the lack of data on long-term effects on the offspring of women who have had MIRENA® in place during conception or gestation (see **WARNINGS**). • If possible, MIRENA® should be removed after the patient has been warned of the risks of removal. If removal is difficult, the patient should be counseled and informed of pregnancy termination. • If MIRENA® is left in place, the patient's course should be followed closely. e) Should the patient's relationship cease to be mutually monogamous, or should her partner become HIV positive, or acquire a sexually transmitted disease, she should be instructed to report this change to her clinician immediately. The use of a barrier method as a means of protection against acquiring sexually transmitted diseases should be strongly recommended. Removal of MIRENA® should be considered. f) MIRENA® should be removed for the following medical reasons: menorrhagia and/or metrorrhagia producing anemia; acquired immune deficiency syndrome (AIDS); sexually transmitted disease; pelvic infection; endometritis; symptomatic genital actinomycosis; intractable pelvic pain; severe dyspareunia; pregnancy; endometrial or cervical malignancy; uterine or cervical perforation. g) If the retrieval threads are not visible, they may have retracted into the uterus or have been broken, or MIRENA® may have been imperforated the uterus, or have been expelled. Location of MIRENA® may be determined by sonography, X-ray, or by exploration of the uterine cavity with a probe. h) Removal of the system should also be considered if any of the following conditions arise for the first time: migraine, focal migraine with asymmetrical visual loss or other symptoms indicating transient cerebral ischemia; exceptionally severe headache; jaundice; marked increase of blood pressure; severe arterial disease such as stroke or myocardial infarction. **4. Glucose Tolerance:** Levonorgestrel may affect glucose tolerance, and the blood glucose concentration should be monitored in diabetic users of MIRENA®.

DRUG INTERACTIONS: The effect of hormonal contraceptives may be impaired by drugs which induce liver enzymes. The influence of these drugs on the contraceptive efficacy of MIRENA® has not been studied. **CARCINOGENESIS:** Long-term studies in animals to assess the carcinogenic potential of levonorgestrel releasing intrauterine system have not been performed. See **WARNINGS** section. **PREGNANCY:** Pregnancy Category X. See **WARNINGS** section. **NURSING MOTHERS:** Levonorgestrel has been identified in small quantities in the breast milk of lactating women using MIRENA®. In a study of 14 breastfeeding women using a MIRENA® prototype during lactation, mean infant serum levels of levonorgestrel were approximately 7% of maternal serum levels. However, contraceptives are not recommended as the contraceptive method of first choice during lactation. **PEDIATRIC USE:** Safety and efficacy of MIRENA® have been established in women of reproductive age. Use of this product before menarche is not indicated. (See **RECOMMENDED PATIENT PROFILE**.) **GERIATRIC USE:** MIRENA® has not been studied in women over age 65 and is not currently approved for use in this population. **INFORMATION FOR THE PATIENT:** See Patient Package Labeling. **Return to Fertility:** About 80% of women wishing to become pregnant conceived within 12 months after removal of MIRENA®. **ADVERSE REACTIONS:** The most serious adverse reactions associated with the use of MIRENA® are discussed in the **WARNINGS** section. Other adverse reactions presented in the **PRECAUTIONS** section. Other adverse events reported by 5% or more subjects include: abdominal pain/cramps, pain, nausea, decreased libido, leukorrhea, acne, nervousness, abnormal pap smear, headache, depression, dysmenorrhea, sinusitis, vaginitis, hypertension, weight increase, back pain, upper respiratory infection, skin disorder. Other reported adverse reactions occurring in less than 3% of patients include: failed insertion, migraine, vomiting, anemia, cervicitis, dyspareunia, hair loss, eczema. **HOW SUPPLIED:** MIRENA® (levonorgestrel-releasing intrauterine system), containing a total of 52 mg levonorgestrel, is available in a carton of one sterile unit NDC# 50419-421-01. Each MIRENA® is packaged in a thermoformed blister package with a peelable lid, together with an insertion tube which is then heat sealed into a secondary pouch. MIRENA® is supplied sterile. MIRENA® is sterilized with ethylene oxide. Do not resterilize. For single use only. Do not use if the inner package is damaged or open. Insert before the month shown on the label.

STORAGE AND HANDLING: Store at 25°C (77°F), with excursions permitted between 15°-30°C (59-86°F) [See **USP Controlled Room Temperature**]

DIRECTIONS FOR USE: NOTE: Health care providers are advised to become thoroughly familiar with the insertion instructions before attempting insertion of MIRENA®.

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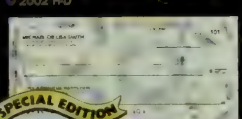
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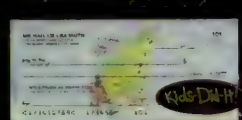
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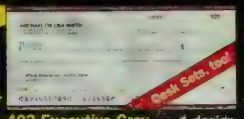

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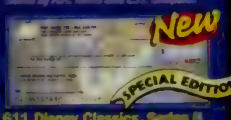

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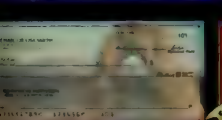
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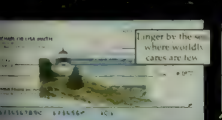
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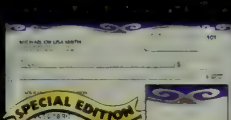

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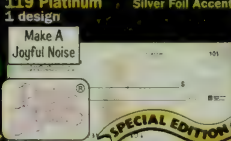

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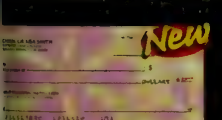
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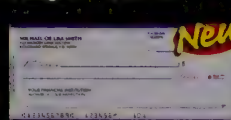

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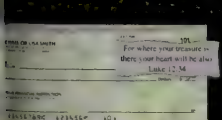

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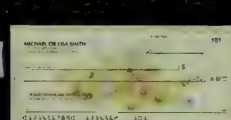
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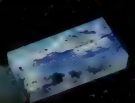
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Nature's Pharmacy

Herbal Remedies

by Nick Gallo

Here are four top-selling herbal products that, based on recent evidence, seem to offer benefits without being hazardous to your health. Find out why they may belong in your medicine cabinet.



ginkgo



kava

Ginkgo has been promoted as a memory enhancer, but studies have cast doubt. However, the *American Journal of Medicine* recently reported the herb's use as a treatment for intermittent claudication, a painful circulation problem in the legs. Ginkgo was found to have a modest effect on patients' ability to increase the distance they could walk without pain—the plant having the same benefit as conventional drug therapy. But neither type of medication proved as helpful as a regular exercise program.

Ginkgo is rich in antioxidants and contains several active compounds that improve circulation. It makes the blood a little less likely to clot and may strengthen vessels, according to Varro E. Tyler, Ph.D., who researched pharmacognosy (plant-based pharmacy) at Purdue University in West Lafayette, Indiana.

Though considered safe, ginkgo may increase the risk of bleeding if you are using aspirin; Coumadin (warfarin), which thins the blood; or other clot-busting medications.

Kava users claim it aids them in coping with brief periods of extra stress—a crunch of job deadlines, for instance. It also may help defuse dread of an anticipated situation, such as fear of flying before a trip, as well as ease anxiety-induced insomnia.

Research seems to support these assertions. A couple of years ago, scientists at the University of Exeter in England did a meta-analysis, which is a review of combined results from the best studies, and concluded that kava was effective at reducing anxiety.

Active ingredients in kava may produce muscle-relaxing effects; that is, they may act on brain receptors and suppress "fight or flight" stress hormones.

Kava isn't habit-forming or addictive, but herbal experts don't recommend long-term use. High dosage levels may cause grogginess that can be dangerous if you're driving or using machinery. Also, avoid combining kava with alcohol or sedatives. Don't use it if you're pregnant or nursing.

continued on page 226


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Herbal Remedies

continued from page 224

Saw palmetto berries produce a potent extract that is used to treat men's urinary problems caused by prostate enlargement, or benign prostatic hyperplasia (BPH). This condition isn't cancerous but involves swollen, inflamed tissue that develops with aging. About half of all men over age 50 suffer some symptoms, including frequent urination and urinary flow problems.

A study of almost 3,000 patients that appeared in the *Journal of the American Medical Association (JAMA)* in 1998 showed that saw palmetto can increase urine flow and reduce the number of nighttime urination episodes. In some research, it has matched the results of its counterpart drug therapy, Proscar (finasteride), which may cause side effects, such as loss of sex drive or impotence.

Saw palmetto has equaled the effect of its drug-therapy counterpart without the side effects, according to research.

Saw palmetto doesn't shrink the prostate gland significantly. A recent study found that it didn't affect hormones, which may explain why it doesn't produce side effects typical of Proscar.

Anyone who considers taking saw palmetto to treat BPH needs to check with his doctor to rule out prostate cancer. Both have similar symptoms.



Echinacea, a hot seller in the United States, is widely used to battle colds and respiratory infections.

Researchers believe that this medication activates the immune system. Studies in Europe suggest the herb can shorten bouts of illness and lessen symptoms when taken at the first sign of a cold or flu. However, it doesn't appear to offer these benefits if taken continually.

Echinacea may lose its ability to ward off colds if taken continually.

Generally, echinacea is viewed as safe. But it may cause problems if you have an autoimmune condition, such as rheumatoid arthritis, lupus, or multiple sclerosis. In rare cases, echinacea can trigger an allergic reaction.

STAY SAFE IF YOU SEEK NATURAL HEALING

Inform your doctor about all alternative and prescription medications taken by your family. Herbal remedies can cause concern. Echinacea, ginkgo, kava, ephedra, garlic, ginseng, St.-John's wort, and valerian may cause complications for patients before and after surgery, according to a study published in *JAMA*. In fact, the American Society of Anesthesiologists suggests discontinuing herbal remedies at least two to three weeks before surgery.

For information about risky herbal medications, see Health Update on *page 214*.

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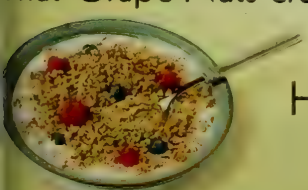
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All Hail the Mighty Kale

It's time to step outside of your comfort zone and venture into the green unknown. We're talking about eating kale, collards, turnip greens, and mustard greens. These leafy veggies are nutritionally supercharged and bursting with plant chemicals that medical studies indicate we should consume to prevent cancer, heart disease, and even vision problems.

Ruffly bluish-green kale leads the leafy group in phytochemicals—the substances that give plants color, flavor, and health-boosting abilities. Researchers are constantly uncovering more health benefits of these plant chemicals. For instance, the hefty load of lutein in kale is linked to a reduced risk of eye problems (see story, *page 230*). Other components of kale make it a cancer-fighting vegetable, especially against cancers of the colon, stomach, lung, and breast. Kale also is high in vitamin A, has almost as much calcium as milk, and contains a burst of potassium.

Before cooking kale, wash it well. Soil likes to hide amid its ruffles. Remove tough stems, and cook leaves in a bit of boiling broth or salted water until tender—two to four minutes—before using in a recipe. Serve cooked kale in soups, tossed with garlic-flavored olive oil and a splash of vinegar, or in the Dino Kale recipe, *right*.

Dino Kale Sauté
Prep: 5 minutes
Cook: 3 minutes

- 12 oz. dinosaur kale or regular kale, cut or torn into 1- to 2-inch pieces (about 12 cups)
- 2 Tbsp. olive oil
- ¼ cup soft sourdough or French loaf bread crumbs
- ⅛ tsp. pepper
- 1 tsp. white wine Worcestershire sauce
- Lemon wedges (optional)

1. Rinse kale leaves thorough under cold running water. Dra well; set aside.

2. In a small skillet heat teaspoons of the oil. Cook bre crumbs in the hot oil for 1 t minutes or until browned. Se son with pepper; set aside.

3. In a large, nonstick skil heat the remaining 4 teaspoo oil. Add kale. Cook the ka covered, for 1 minute. Uncov Cook and stir for 1 minute m or until just wilted. Transfer k to serving dish. Drizzle w Worcestershire sauce. Sprin with the browned bread crum Squeeze lemon wedges over Makes 4 servings.

Nutrition facts per servi 89 cal., 5 g total fat (1 g sat. f 0 mg chol., 53 mg sodium, carbo., 4 g fiber, 3 g pro. D Values: 96% vit. A, 94% vit. 8% calcium, 8% iron.

continued on page



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Egg Beaters Breakfast Burritos
As seen in the adjacent ad

1 large tomato, diced
2 teaspoons finely chopped basil (or ½ teaspoon dried basil leaves)
1 cup **Egg Beaters**®
2 teaspoons Fleischmann's® Margarine
1 medium potato, peeled and shredded (about 1 cup)
¼ cup chopped onion
⅛ teaspoon ground black pepper
4 eight-inch flour tortillas, warmed
⅓ cup shredded reduced-fat cheddar cheese

Instructions:

- In a small bowl, combine the tomato and basil; set aside.
- In a large nonstick skillet, over medium heat, sauté the potato and onion in the margarine until tender.
- Pour Egg Beaters into the skillet; sprinkle with pepper. Cook, stirring occasionally until the mixture is set.
- Divide the egg mixture evenly between the tortillas; top with cheese. Fold the tortillas over the egg mixture.
- Top with the tomato/basil mixture and serve. Makes four servings.

Nutritional information per serving: 226 calories, 6 grams total fat (1g saturated fat), 364 mg sodium, 5 mg cholesterol.

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continued from page 228



Mustard greens are more tender than kale, so they can be used raw in salads. They have a zesty mustard bite. The leaves mellow with simmering. Or you can steam them, sauté them, or stir-fry them.

Collard greens, like kale, are related to the cabbage family. The deep-colored leaves have an irregular shape and torn-looking edges. Cook collards as you would kale.



Turnip greens, as you probably guessed, are simply the tops of turnips. Young greens are tender enough to eat raw in salads. Mature greens should be cooked like other leafy greens. Six ounces of cooked turnip greens contain 220 mg of calcium. By comparison, an 8-ounce glass of milk has 300 mg.

A LOOK AT LUTEIN

Researchers are finding plenty of evidence for including leafy greens in your diet.

- The eyes have it: Lutein in spinach travels through the bloodstream to the eye's retina, according to Tufts Center on Aging. That's good news because lutein seems to absorb the type of light that can cause macular degeneration, a leading cause of blindness among older Americans. This phytochemical, also found in other leafy greens, may prevent cataracts too.
- Heart smart: High levels of lutein in the bloodstream may prevent fatty deposits from clogging arteries, according to a study from the University of California, Los Angeles.

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Flower Shows Are a Bloomin' Good Time

Beautiful summer gardens seem like a distant memory as spring slowly nips at the heels of winter. Flower and garden shows offer our senses a respite from the cold winds of the real world.

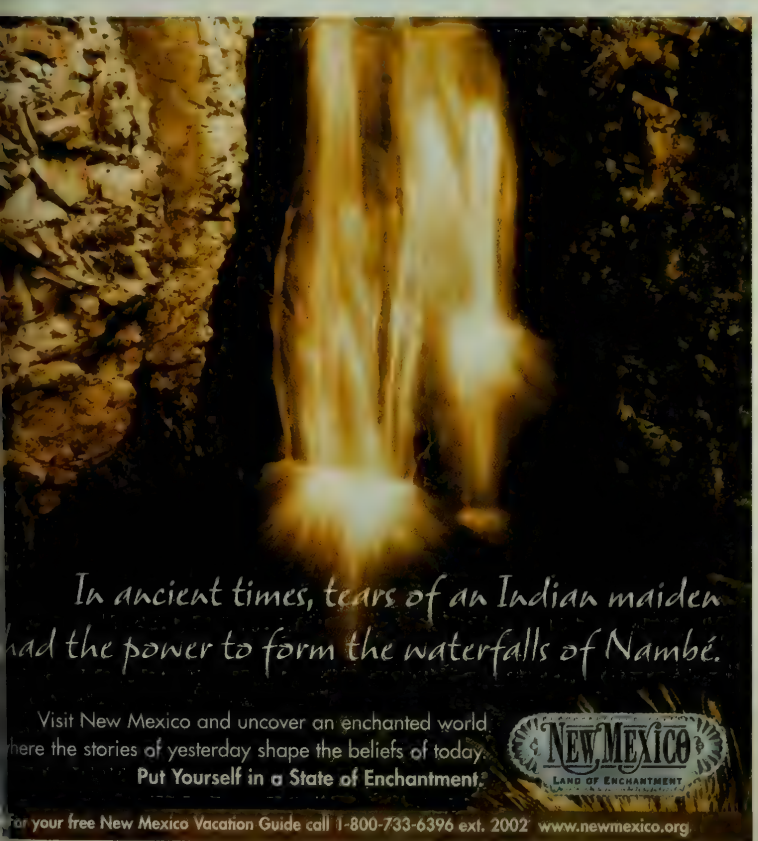
Gardening consultant and grower Joeann Genetti-Teeple helped us rate the annual San Francisco show based on setting, variety, judging standards, speakers, and vendors.

"After a long winter, just seeing the colors and being around all the greenery is wonderful, just wonderful," she says.

Before heading to the show, grab paper and pen or a camera. You will be overwhelmed with new ideas, and you'll want to remember all of them.

San Francisco
Flower and Garden Show
March 20–24
Thousands of Bay Area gardeners flock to this annual show to take in the dazzling flower displays. There are unlimited ideas to be

continued



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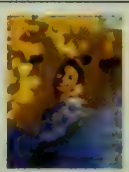
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Flower Shows

found in the 23 fully landscap dens, including a floating te The show always offers son unexpected, such as the cha see an exotic koi worth $10,0

Free seminars that oft overlooked by those taking garden displays are worth out. These seminars cover thing from gardening in smal to attracting hummingbir butterflies. Seating is on a firs basis, so check out the sched plan to arrive early.

San Francisco Flower and Garden Show

Overall	✿✿✿
Setting	✿
Plant Variety	✿✿✿
Judging	✿✿✿
Speakers	✿✿
Vendors	✿✿

Rating: One flower is fair, five is go

The 16-year-old show re itself last year with a larg plan, more exhibits, and an ed staging area. The nev includes a pick-up spot for garden purchases.

This year's show is at t Palace. Full-day tickets ar advance or $18 at the door. tickets are available for $ door. For detailed show inf visit www.gardenshow.co 800/829-9751.

—by Kris Radish

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Door-Opening Design Details

An entry door provides a home's first greeting to the neighborhood, so it naturally commands a lot of attention. But prominent placement isn't all that is front-and-center in today's doors—better features are, as well. Here are the latest improvements.

by Shawn Gilliam

Glass configuration. Entries often showcase glass in the door, plus sidelights and transoms (windows over the door). All three can be built into one frame to prevent sagging and shifting.

Hinged sidelights. Some entries feature sidelights that open, making it easier to move furniture in and out of the house.

Security. Reinforced steel plates behind the locking mechanisms resist forced entry, as do doors that separate the lockset from the deadbolt(s). Good door brands also provide up to three layers of glass (including tempered safety glass) and strong, tight door frames.



Glass type. Most manufacturers offer choices of beveled, etched, and stained glass. Many designs include caming (brass strips between glass pieces).

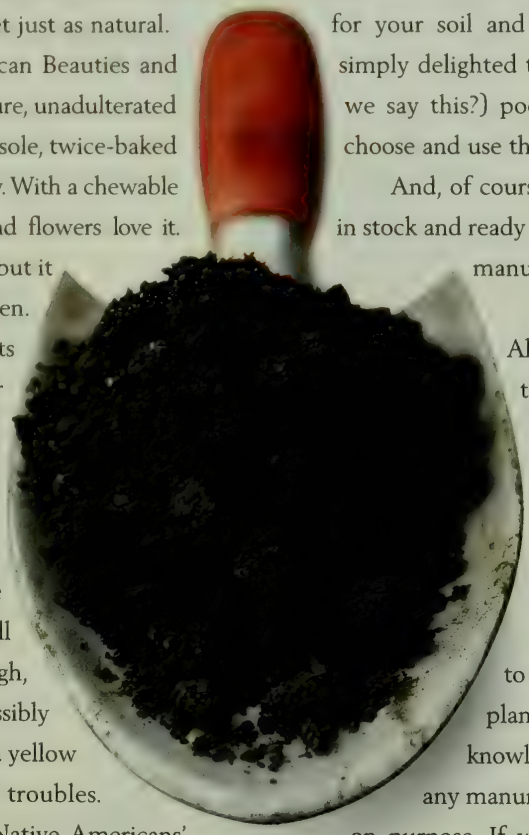
Energy-efficiency. Top-quality entry doors provide adjustable thresholds you can move up and down to accommodate changes in temperature and humidity—and to always ensure a tight seal along the bottom of the door. The same doors often have high-performance sills that incorporate a weep system to channel rain away from the house. In fiberglass doors, solid polyurethane foam cores insulate best.

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It's so darn nutritious, roses can't understand why cows get rid of it.

It boggles the mind to think of it. How can something that smells so bad make something smell so sweet? Perhaps all this business about stopping and smelling the roses actually starts with smelling something far, far different. Yet just as natural.

The truth is your American Beauties and Mr. Lincolns have a taste for pure, unadulterated manure. To them, it's a lemon sole, twice-baked potato and bottle of chardonnay. With a chewable vitamin chaser. Your plants and flowers love it. Sure, it smells to high heaven, but it helps them grow to high heaven.



A few timely treatments of fertilizer can bring your garden literally to new heights. More abundant florabunda. Admittedly, it's not the most glamorous part of gardening, but fertilizing can make a huge difference in yield, color, overall health and, astonishingly enough, taste. Who knows? It might possibly make the difference between a yellow and the blue ribbon for your troubles.

Ever since the days of Native Americans' planting fish amongst the maize, we've been reaping the benefits of all-natural fertilizing. And Nature, in her bounty, has given us a variety of these healthy supplements. Manures. Bone meals. Even liquefied fish, believe it or not. Each can provide your growing brood with unique, organic nutrients man just can't duplicate. There's so much in this Horn of Plenty that finding the right way to fertilize your garden can be a bit daunting. That's where OSH® comes in.

Down at your local OSH, you'll meet men and women who really know their fertilizer. A lot of them are Certified Nursery Professionals who can tell you how to find and maintain the optimal pH for your soil and your plants. And they'd be simply delighted to give you all the (how shall we say this?) poop, all the scoop, on how to choose and use these outstanding garden tools.

And, of course, you'll find all your options in stock and ready to use. Steer manure. Chicken manure. Organic compost, too.

That's sort of a greatest hits, All-Star kind of deal. Whichever, the benefits are undeniable. As are the benefits of getting it from OSH. We even load the larger bags for you. So you don't have to lift anything heavier than your wallet.

In short, our commitment to your satisfaction, our lifetime plant guarantee and our helpful, knowledgeable people all mean that any manure you may get from us will be on purpose. If we give you a bag of it, you asked for it. Manure is the word. Start spreading it.

For 70 years, OSH has been there. Helping Californians make the most of their homes and gardens. Doing it with this idea: Customer service means having the things people need and offering the help they want. There are over 6,000 items in every OSH nursery, and people who know how to use them. Come visit us or log on to www.osh.com.

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Daybed Canopy

Bring a touch of romance to a plain daybed by highlighting it with a soft fabric swag that loops around like an elaborate frame.

A purchased wreath, made to complement the colors in the room's wallpaper and fabrics, serves as both a visual and structural anchor for this gentle swag. Center the 12-inch-diameter wreath over the bed about 4 feet from the top of the mattress, depending on the height of the headboard. (The wreath should hang 2 to 3 feet above a headboard.)

Use a purchased fabric swag, or cut and hem your own. The one shown measures approximately 54×158 inches, but the size will vary depending on the fabric and the wreath height. A heavier fabric may drape more, and a stiffer fabric may drape less. Be sure you have enough fabric to swag gently across the bed and behind the headboard or mattress.

Thread the fabric through the wreath and let it fall lightly across each lighting sconce. In place of the sconces, you can drape the swag across architectural brackets, framed art, curtain tiebacks, or a pair of smaller, plainer wreaths.

Paired with wallpaper and fabric printed with a dainty pattern, the canopy softens the look of the bed. The absence of a dust ruffle and other frills keeps the room from being froufrou. A sheer, unpatterned swag provides relief from the highly decorative coverlet, wallpaper, wreath, and pillows (*above*).



The wreath (*right*) has to be structurally strong and securely fastened to the wall in order to support the weight of the fabric swag. To hang the wreath, use small picture or cup hooks, which will grip the wreath better than a nail.

by Gina Harrell



If you drape the swag on sconces (*left*), choose low-wattage bulbs—never halogen—and keep the fabric from touching the bulbs; their heat could scorch or ignite the fabric.

Money-Saving Maintenance Tips

Routine home maintenance can save you a bundle, and it needn't cost much either. Each of these repairs runs less than $25.

- **Seal roof flashings.** Neglect these and you'll soon have roof leaks. Cost: about $5 for a tube of flashing cement.
- **Clean gutters.** Clogged gutters can cause water to back up under roofing, or drain improperly and cause basement leaks. No cost.
- **Apply deck preservative.** Weather eventually takes a toll on untreated wood. Cost: about $10 for a gallon of sealer. Add another $5 for a gallon of deck cleaner that removes mildew, fungus, and grime.
- **Trim trees touching siding and roofing.** The moisture they trap near the house soon leads to rot, mildew, and/or insect problems. No cost, if you do the trimming yourself.
- **Tighten weather stripping.** If you can feel a draft around a window or door, it's adding to your heating and cooling bills. Cost: about $10 to weather-strip a door or window.
- **Seal bathroom tile grouting.** Deteriorated tile joints let water and mildew seep behind the tiles. Cost: less than $5 for a tube of silicone sealant. If grouting has already failed, you'll pay about the same for grout-repair compound.
- **Clean the clothes dryer vent.** A vent that's stuffed up with lint or other debris can cause a fire. No cost.
- **Change furnace/air-conditioner filters.** Clogged filters reduce efficiency and shorten equipment life. Cost: $5 or less for many types of filters.
- **Test smoke alarms.** For the cost of a few batteries, you may save your entire home—and maybe your life—from going up in smoke.

For more information on maintaining your home, contact the HouseMaster Home Owner Information Center at 800/526-3939.

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(A devilish idea.)



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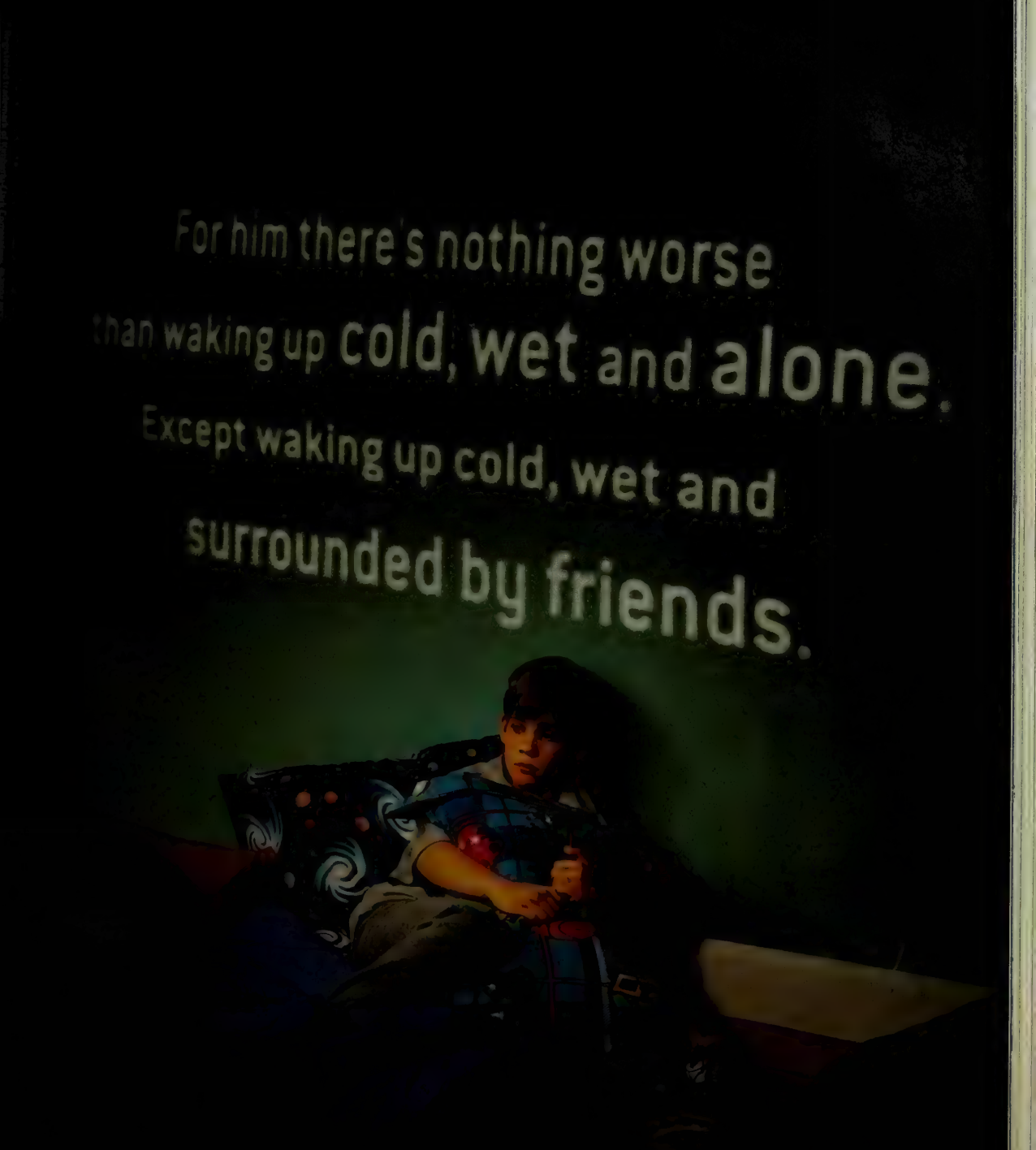
Cheer up... Spring is here! The snow is melting and the birds are chirping. Enjoy the season by making these bunny-themed baskets, games, and gifts. Hop to it!

do the bunny hop

continued on page 238

For him there's nothing worse than waking up cold, wet and alone.

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Do the Bunny Hop

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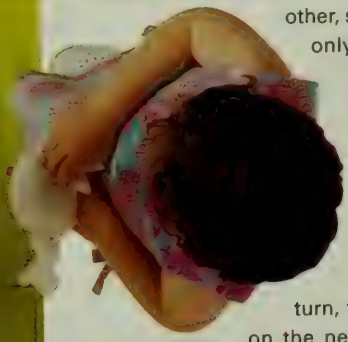
Hippity Hopscotch

What you need: Plastic tablecloth ■ White, pink, and purple paint markers ■ 2 white socks ■ White embroidery floss and darning needle ■ White and pink stiff felt ■ Small blue, pink, and white pom-poms ■ Crafts glue ■ 2 cups of rice



1. Lay tablecloth on the floor. Use the paint markers to draw a hopscotch game along one side of the tablecloth. When paint dries, cut tablecloth lengthwise to eliminate any excess width.

2. Create each playing piece by filling a sock with one cup of rice. Tie the end in a tight knot so the rice will not escape. 3. Glue on pom-pom nose and eyes. Let glue dry completely. 4. Thread a needle with floss. Pass the needle under the rabbit's nose, leaving an inch of floss on each side of the nose. Tie each side in a knot to hold thread in place. 5. Cut out a pair of white outer ears and slightly smaller pink inner ears. Glue the pink ears to the white ears and glue finished pairs to sock. 6. Throw playing piece on the number 1 (see *photo A*). Hop over it and onto each number until you reach 10 (see *photo B*). Land on both feet when there are two numbers next to each other, such as 2 and 3, and only one foot when there is one number by itself, such as 4. Turn around, hop back, pick up your playing piece when you reach it (see *photo C*), and return to start. Each turn, throw playing piece on the next highest number, hopping over the playing piece as you move up the board and then picking it up on your way back to the start point.

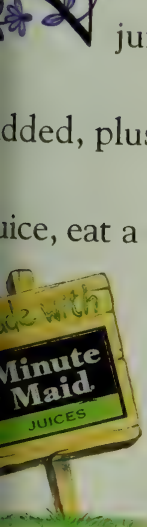


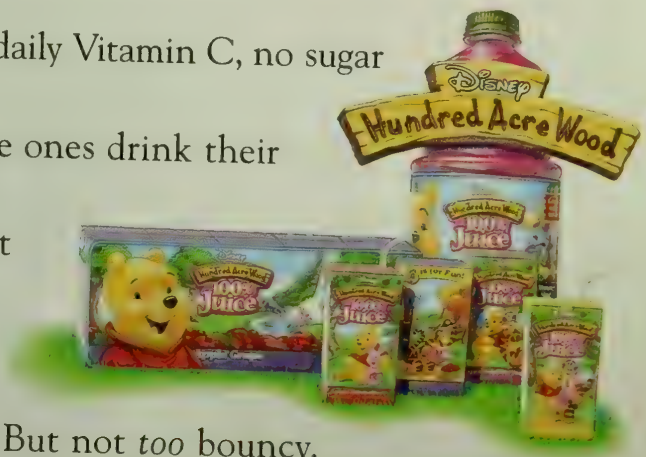
continued on page 24

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Do the Bunny Hop

continued from page 238

Tabletop Garden

What you need: Container, such as a strawberry box or a terra-cotta planter ■ Potting soil ■ Wheat grass seed ■ Spanish moss (optional) ■ Smooth, unpolished stones ■ Weatherproof and nontoxic paint markers ■ Crafts glue ■ Plastic eyes

1. Add a drainage hole to the container if it does not already have one. Fill with potting soil. Plant grass seed about ⅛-inch deep, and then water. Place container in sunlight, watering every two days. Grass should be ready in 5–7 days. 2. Draw butterfly, bunny, flower, carrot, or other designs on the stones with markers. Let the paint dry completely. 3. For animal and bug designs, glue on a pair of eyes.



Garden Stones

What you need: River rocks from local landscape center ▪ Weatherproof and nontoxic paint markers or paints

1. Wash and dry the stones. Write a message, such as "Bunny Crossing" or "Hippity Hoppity," with markers. Draw bunnies or a carrot on the stone with markers or a paintbrush. Let the paint dry completely before placing the stone in the garden.

continued on page 242





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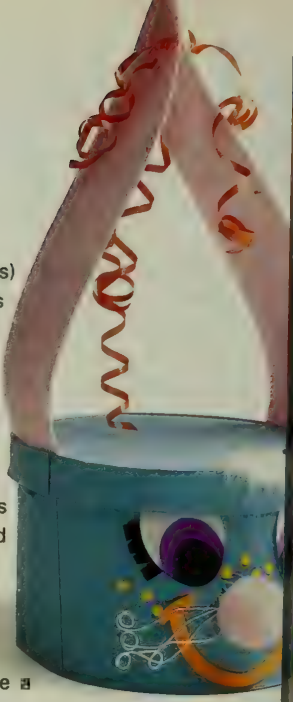
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Do the Bunny Hop

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Rascally Rabbit Gift Box

What you need: Oval box with lid (7½×10x5 inches) ■ 12×18-inch sheet of pink stiff felt ■ Stapler ■ Crafts glue ■ Double-sided tape (optional) ■ 5 sheets of blue paper ■ White, black, purple, and yellow paper scraps ■ Thin white wire ■ 1½-inch pink pom-pom ■ 2½-inch white pom-pom ■ White crafts fur scraps ■ Hole punch ■ Orange curly ribbon

1. Cut two 4×18-inch ears from felt. Staple ears inside the box along top edge. 2. Cover box and lid with blue paper. 3. Have an adult cut a ⅛×4¼-inch slit on each side of the lid and slip over ears. 4. Cut out face pieces and glue to front of box. Add wire whiskers, a pink pom-pom nose, and white pom-pom tail. Glue a small piece of fur to top of lid. 5. Punch two holes at the top of each ear. Thread one curly ribbon through each ear. Knot ends together to create a handle.





Bunny Buckets

What you need: Clear or green 1-liter soda bottle ■ White, orange, and green adhesive craft foam sheets ■ 2-inch-wide wire-edged ribbon ■ Hole punch ■ Chenille rickrack ■ Scissors ■ Crafts glue

1. Rinse bottle and remove label. Cut away the top third of the bottle with scissors. 2. If desired, glue rickrack around top of the bottle. 3. Cut rabbit silhouettes or carrot tops from the foam sheets, remove paper backing, and press in place around the top of the plastic bucket. 4. Punch a hole on each side of the plastic bottle bucket, about 1 inch from the top. Cut a 15-inch length of ribbon and thread through each hole. Knot ribbon ends in place inside the bottle.

sharing



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buying guide

Some of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

Chair Lifts

Page 21: all chairs—secondhand finds. **Fabric for pillow and skirt,** 647500—Waverly; 800/423-5881; www.waverly.com.

Page 22: paint on chair, SW1736 (Biscayne Bay)—Sherwin-Williams; for a store near you call 800/474-3794; www.sherwin-williams.com.

Page 24: paint on chair, SW1701 (Mariposa)—Sherwin-Williams (address above).

Page 26: paint on baby chair, SW1834 (Crown Vetch)—Sherwin-Williams; for a store near you call 800/474-3794; www.sherwin-williams.com. **Paper guest towels on chair,** TW8-6512—Creative Papers by C.R. Gibson, 32 Knight St., Norwalk, CT 06856.

Scandinavian Country

Page 28: custom table and chairs—Andre Originals, 970 New Brunswick Ave., Rahway, NJ 07065; 732/574-2600. **Floor tile**—Porcelanosa, 1301 S. State Blvd. #E, Anaheim, CA 92806; 714/772-3183. **All windows**—Weather Shield Windows and Doors, 1 Weathershield Plaza, Medford, WI 54451; 800/477-6808; www.weathershield.com.

Page 30: all appliances—GE Appliances, GE Answer Center; 800/626-2000; www.geappliances.com. **Custom cabinets, wallpaper**—no sources. **Tile**—Porcelanosa (address above).

Page 32: faucet—Delta Faucet Co., 55 E. 111th St., P.O. Box 40980, Indianapolis, IN 46280; 317/848-1812; www.deltafaucet.com. **Custom cabinets, custom draperies**—no sources. **Precast fireplace**—California Mantel-Covington, P.O. Box 340037, Sacramento, CA 95834-0037; 916/925-5775. **Wicker chairs**—Un Jardin, 20224 S. Normandy Ave., Torrance, CA 90502. **Ladder-back chairs and stools**—Andre Originals (address above). **Tile**—Porcelanosa (address above).

Page 34: table and chairs—Andre Originals (address above). **Custom cabinets**—no source. **Tile**—Porcelanosa (address above). **Laptop computer**—Apple Computer, Inc., 1 Infinite Loop, Cupertino, CA 95014; 408/996-1010.

Mud Rooms to the Max

Pages 36-38: beadboard—Georgia-Pacific Corp., P.O. Box 105605, Atlanta, GA 30348; 800/284-5347; www.gp.com. **Rug**—L.L. Bean, Inc., Freeport, ME 04033; 800/809-7057; www.llbean.com. **Paint for walls,** latex, "#164" (Yellow); **trim paint,** latex (Linen White)—Benjamin Moore & Co., 800/826-2623; www.benjaminmoore.com. **Baskets**—Basketville, 8 Bellows Falls Rd., Putney, VT 05346; 800/258-4553. **Wallpaper,** "Seabrook" (#GL1533)—Expo Design Center; 800/380-3976; www.homedepot.com. **Bench** (White)—Maine Cottage Furniture, P.O. Box 935, Yarmouth, ME 04096; 207/846-1430; www.mainecottage.com.

Page 40: custom wall paint (Yellow); **ceiling paint,** "#6156-4" (Orange Twist); **trim paint,** "#7195" (White Umber)—Porter Paints, P.O. Box 1439, Louisville, KY 40201-1439; 800/332-6270; www.porterpaints.com. **Door**—Therma-Tru Doors, P.O. Box 8780, Maumee, OH 43537; 800/537-8827; www.thermatru.com.

Whimsical Walls

Page 44: paint, SW1239 (Matisse Blue)—Sherwin Williams; for a store near you call 800/474-3794; www.sherwin-williams.com.

Page 46: paint blocks, 186 (Bermuda Pink), 77 (Cradle Pink), 289 (Sand Pink), 248 (Pink Attitude), 111 (Cupid's Spell), 146 (Cherub Pink); **paint on back wall,** 104 (Rose Tree)—ICI Dulux Paint Center; for store locations call 800/984-5444.

Page 48: "Murano" leather chair, 72-7520-1; **"Radius" glass table,** 13-8405-122—Ethan Allen, Inc.; for a store near you call 800/228-9229; www.ethanallen.com. **Wallpaper from Mary Gilliatts Faux Finish Collection,** similar patterns available—Seabrook Wallcoverings; for a store near you call 800/238-9152.

Page 50: create your own—North Light Color; for more information on the process call 952/922-4700.

Stunning Staircases

Page 54: fabricated "custom steel" balustrade—Empire Welding & Fabricating, Inc., 3616 34th Ave., S, Seattle, WA 98144; 206/723-4564. **Handrail**—provided by Blackstock Lumber, 1039 Elliott Ave., W, Seattle, WA 98119; 206/284-1313. **Handrail**—manufactured by L.J. Smith, 91040 Connoton Rd., Bowerston, OH 44695; 740/269-2221.

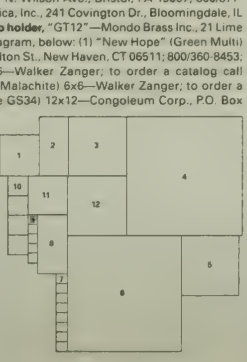
Page 56: custom railing—Alameda Ornamental Iron, 1383 W. Alameda Ave., Denver, CO 80223; 303/777-4980.

Ultimate Kitchen Island

Pages 60-63: bowls, green vase, glassware, wooden chair—Cost Plus World Market, 200 Fourth St., Oakland, CA 94607; 800/267-8758; www.costplusworldmarket.com. **Place mats, napkins**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Cabinets**—David Brothers Cabinetmakers; available through DAS Interiors, P.O. Box 301113, Escondido, CA 92030-1113; 760/754-8388. **Cabinet knobs**—Hafele America Co., P.O. Box 4000, Archdale, NJ 27263; 800/334-1873. **Trash compactor**—Kitchen Aid; 800/422-1230; www.kitchenaid.com. **Refrigerator**—Sub-Zero Freezer Co., Inc., P.O. Box 4130, Madison, WI 53744-4130; 800/222-7820. **Sinks**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Faucets**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711. **Single oven, microwave, cooktop**—GE Appliances, GE Answer Center; 800/626-2000. **Vent**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91109-7202; 800/793-0093. **Tile backsplash,** "Verde Marataka" granite—European Tile Art, 6440 Lusk Blvd., San Diego, CA 92121-2758; 858/452-5090. **Light fixtures over island**—Highlights, 301 Fourth Ave., San Diego, CA 92101-6901; 619/232-6064. **Countertops,** "Verde Foresta" granite—Marmol Exports, 8909 Kenamar Dr., San Diego, CA 92121-2453; 619/291-5792.

Just Out

Page 66: glass wall-mount lavatory—Robern, Inc., 701 N. Wilson Ave., Bristol, PA 19007; 800/877-2376; www.robern.com. **Faucet,** "Taron"—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711; www.groheamerica.com. **Glass cup holder,** "GT12"—Mondo Brass Inc., 21 Lime St., Marblehead, MA 01945; 781/639-1992. **Tile**—see diagram, below: (1) "New Hope" (Green Multi) 4x4—Vitrium; available through TileAmerica!, 105 Hamilton St., New Haven, CT 06511; 800/360-8453; www.tileamerica.com. (2) "Fusion" (Heliotrope) 3x6—Walker Zanger; to order a catalog call 877/611-0199; www.walkerzanger.com. (3) "Fusion" (Malachite) 6x6—Walker Zanger; to order a catalog call 877/611-0199. (4) "Obsidian" (Aquamarine GS34) 12x12—Congoleum Corp., P.O. Box 3127, Mercerville, NJ 08619; 800/934-3567; Web site: www.congoleum.com. (5) "Fusion" (Bottle Glass) 6x6—Walker Zanger (address above). (6) "Iridium" (Mint 2) 1.5-cm mesh-mounted tile—Sicis; available through Hastings Tile & Il Bagno Collection; 800/351-0038. (7) Listello—Artistone Tile Importers, Inc.; available through Fiorano Tile Design Center; 800/878-8453. (8) "Fusion" (Bottle Glass) 3x6—Walker Zanger; to order a catalog call 877/611-0199. (9) Listello—Artistone Tile Importers, Inc.; available through Fiorano Tile Design Center; 800/878-8453. (10) "Vetro del Piamve" (Piuma)—Cotto Veneto; available through TileAmerica! (address above). (11) "Decoro Antico"—Cotto Veneto; available through TileAmerica! (address above). (12) "New Hope" (Green Multi) 6x6—Vitrium; available through TileAmerica! (address above).



Budget-Wise Bedroom Makeovers

Page 68: window shade, Honeycomb Shades—Smith + Noble; for a catalog call 800/765-7776. **Valance, pillowcases,** U2713, Pipeline Pastels (Wedgwood Blue)—Westpoint Stevens; 800/458-3000; www.martex.com. (***Inset photo***)—personal belongings.

Page 70: Shaker armoire, 1608 (unfinished)—Woodland Furniture; through your local unfinished furniture store or home store. **Honeycomb window shades**—Smith + Noble; for a catalog call 800/765-7776. **Fabric for curtains,** 301650, "Eastwood Border" (White)—Waverly; 800/423-5881; Web site: www.waverly.com. **Quilt, sham, bedskirt, and pillows,** 01174, "Madame Butterfly"—Soft Surroundings, 800/749-7638; www.softsurroundings.com. **Braided rug,** "Cutting Garden" (Buttercup)—Capel, Inc.; for more information call 800/334-3711.

Page 72: French door headboard—your local home building supply store. **Down comforter**—The Company Store; for more information call 800/285-3696; www.thecompanystore.com. **Picture frame**—Exposures; 800/699-6993.

Page 74: picture frames—Exposures; 800/699-6993. **Canopy bed**—Charles P. Rogers; for a catalog call 800/272-7726; www.charlesprogers.com. **Duvet cover, pillowcases, sheets,** Frette Hotel Bedding, 86-878470—Chambers; 800/334-9790.

Page 78: wire three-drawer system, Elfa—The Container Store; for a catalog call 800/733-3532.

Decorating Shop™

Page 81: The "Blessed Are the Purr in Heart" Cross-Stitch—Banar Designs, 431 South Main St., Fallbrook, CA 92028.

Gardener's Almanac

Pages 100-103: black hollyhock seeds—Shepherd's Garden Seeds, 30 Irene St., Torrington, CT 06790-6658; 860/482-3638; free catalog; **black hollyhock plants**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Ferns**—Logee's Greenhouses, 141 North St., Danielson, CT 06239; 888/330-8038; catalog $3. **Ornamental fava bean**—Seed Savers Exchange, 3076 N. Winn Rd., Decorah, IA 52101; 319/382-5990; free catalog. **Roses**—Antique Rose Emporium, 9300 Lueckemeyer Rd., Brenham, TX 77833; 800/441-0002; catalog $5.

Top Ten Perennials

Pages 109-117: Veronica Sunny Border Blue—Andre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5. **Echinacea Magnus; Rudbeckia Goldsturm**—White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. Andre Viette Nursery (address above). **Penstemon Husker Red; Astilbe Sprite**—Andre Viette Nursery (address above). **Scabiosa Butterfly Blue; Coreopsis Moonbeam; Perovskia atriplicifolia**—White Flower Farm (address above). Andre Viette Nursery (address above). **Salvia May Night**—White Flower Farm (address above). **Heuchera Palace Purple**—Primrose Path, 921 Scottdale-Dawson Rd., Scottdale, PA 15683; 724/887-6756; catalog $2. Busse Gardens, 17160-245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $3. Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20.

New Family Traditions

Page 129: landscaping—Matthew Culligan, Rolling Landscapes, Inc., 16189 New Ave., Lemont, IL 60439; 630/243-9400.

Pages 130-131: paint, 1075—Benjamin Moore; for a dealer near you call 800/826-2623; Web site: www.benjaminmoore.com. **Curtain fabric and trim**—Drapery Connection; 630/233-4858. **Area rug**—Pottery Barn; for more information or a catalog call 800/922-5507; www.potterybarn.com. **Cocktail table**—Ethan Allen, Inc.; 800/228-9229; www.ethanallen.com. **Black side chairs**—Hickory Chair Co.; 828/328-1801; www.hickorychair.com. **Slipcovers**—Truffles, 25 W. Jefferson Ave., Naperville, IL 60540; 630/983-9425. **Lamp on table**—Horton's of LaGrange, 60 S. LaGrange Rd., LaGrange, IL 60525; 708/352-2110. **Bamboo table**—Akins + Associates, 26 E. First St., Hinsdale, IL 60521; 630/325-3355.

Pages 132-133: painting above desk—Truffles (address above). **Check wall covering,** "House of Provence," 575763—Waverly; 800/423-5881; www.waverly.com. **Wall covering in breakfast area,** "House of Provence," Toile—Waverly; 800/423-5881; www.waverly.com. **Curtain fabric,** "House of Provence," Rooster pattern, 575774—Waverly; 800/423-5881; www.waverly.com. **Towel on sink**—Crate and Barrel; 888/249-4155; www.crateandbarrel.com. **Sink**—Kohler Co.; for a catalog call 800/456-4537; www.kohlerco.com. **Dishes**—The Pfaltzgraff Co.; 800/999-2811; www.pfaltzgraff.com.

Pages 134-135 (*right*): paint, 486—Benjamin Moore; for a dealer near you call 800/826-2623; Web site: www.benjaminmoore.com. **Lamp** (*to the left*)—Akins + Associates (address above). **Yellow pillow**—Crate and Barrel; 888/249-4255; www.crateandbarrel.com. **Matelassé bed cover and euro shams**—Linen 'n Things; for a catalog call 800/568-8765; www.lnthings.com. **Ticking dust ruffle, table skirt, pillows**—Akins + Associates (address above). **Iron bed**—Marshall Fields; 800/292-2450; www.marshallfields.com.

Page 136: mirror—Tabula Tua, 1015 W. Armitage Ave., Chicago, IL 60614; 773/525-3500; Web site: www.tabulatua.com. **Tub, sink, and faucets**—Kohler Co.; for a catalog call 800/456-4537; Web site: www.kohlerco.com. **Counter,** Corian—DuPont Corian; 800/426-7426; www.corian.com.

Fitting Into the Old Neighborhood

Page 139 (*left*): vinyl privacy fence—Kroy Building Products, Inc., P.O. Box 636, York, NE 68467-0636; 402/362-1212; www.kroybp.com. **Metal patio furniture**—Eddie Bauer Home; 800/426-8020; Web site: www.eddiebauer.com. (***Right***): **windows**—Weather Shield Windows and Doors, P.O. Box 309, Medford, WI 54451; 800/477-6808; www.weathershield.com. **Fiber-cement siding,** "Hardieboard"—James Hardie Products, 26300 La Alameda, Ste. 250, Mission Viejo, CA 92691; 888/542-7343; www.jameshardie.com.

Pages 140-141 (*left*): composite stone veneer—Cultured Stone, P.O. Box 270, Napa, CA 94559-0270; 800/255-1727; www.culturedstone.com. **Shingles,** "Landmark" (Weathered Wood)—CertainTeed Corp., Roofing Products Group, P.O. Box 860, Valley Forge, PA 19482; 800/782-8777; www.certainteed.com. **French doors**—Weather Shield Windows and Doors (address above). **Deck furniture**—Brown Jordan, 9860 Gidley St., El Monte, CA 91731; 800/743-4252, ext. 221; www.brownjordan.com. (***Top right***) **cocktail table**—antique. **Leather chair and sofa**—McLaughlin's, 14405 Dix-Toledo Rd., Southgate, MI 48195; 734/285-5454. **Weather vane**—French Country Living, 10135 Colvin Run Rd., Great Falls, VA 22066; 800/485-1302; www.frenchcountryliving.com. (***Bottom right***): **candlesticks on table**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Model boats**—antiques.

Pages 142-143 (*left*): painting above sofa—Jane Wood McFeely; 313/882-4251. **Wicker chair and ottoman**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Armchair**—Marshall Field's Home Stores; 800/272-2450; www.marshallfields.com. **Cocktail table**—Watch Hill Antiques, 330 E. Maple Rd., Birmingham, MI 48009; 248/593-5505; www.watchhillantiques.com. **Side table**—L'Esprit Antiques, 191 Main St., Harbor Springs, MI 48009; 248/593-5505; www.lespritantiques.com. **Table lamp**—home owners' collection. **Sofa frame,** "500 Series"—Expressions Custom Furniture; 504/895-7033. **Fabric on sofa; carpet**—no source. (***Bottom right***): **coach lantern,** "Rose of Sharon"—Heritage Lantern Co., 25 Yarmouth Crossing Dr., Yarmouth, ME 04096; 800/648-4449; www.heritagelantern.com.

Pages 144-145 (*left*): chandelier—Ballard Designs, 1670 DeFoor Ave., NW, Atlanta, GA 30318; 800/367-2775; www.ballarddesigns.com. **Table, sideboard**—Watch Hill Antiques (address above). **Chairs**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Lamps**—Jacobson's, 5100 W. 119th St., Leawood, KS 66200; 913/696-1500; www.jacobsons.com. **Painting**—Martha Wood Cypher; Martha Wood Cyphers Design; 610/642-8602. (***Top right***): **cabinets**—KraftMaid Cabinetry, 15535 S. State Ave., Middlefield, OH 44062; 800/571-1990; www.kraftmaid.com. **Faucet**—Grohe America, Inc., 241 Covington Dr., Bloomingdale, IL 60108; 630/582-7711; www.groheamerica.com. **Range**—Jenn-Air, 403 W. Fourth St., N, Newton, IA 50208; 800/536-6247; www.jennair.com. **Microwave over side-by-side refrigerator/freezer,** "GE Monogram"—GE Appliances, GE Answer Center; 800/626-2000; www.geappliances.com.

Pages 146-147 (*left*): eyebrow casement window—Weather Shield Windows and Doors (address above). **Carpet**—no source. (***Top right***): **bed, bed linens**—Crate and Barrel; 888/249-4155; Web site: www.crateandbarrelcom. **Wicker chair**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Lamp**—Pottery Barn; 800/922-5507; www.potterybarn.com. (***Center right***): **vanity bowls**—Kohler Co.; 800/456-4537; www.kohlerco.com. **Tub**—Lasco Bathware, 3255 E. Miraloma Ave., Anaheim, CA 92806; 800/877-2005, Ext. 9. **Light fixture**—Home Depot USA, Inc.; 800/430-3376; www.homedepot.com. **Towels**, "Royal Velvet"—Fieldcrest Cannon; 800/841-3336; www.royalvelvet.com.

Bistro Kitchens

Page 151: cart—IKEA; in the U.S.: 800/434-4532; in Canada: 800/661-9807. **Colander**—Target Stores; 800/800-8800; www.target.com.

153 **cabinets and large pot on cooktop**—IKEA; in
00/434-4532; in Canada: 800/661-9807. **Laminate**
rgo, Inc., 3128 Highwoods Blvd., Suite 100, Raleigh,
800/337-3746. **Range**, "Elite"—Kenmore-Sears;
73; www.kenmore.com. **Pendant lights**—Home
.A., Inc.; 800/430-3376; www.homedepot.com.
furniture—personal belongings. **White cups and**
Target Stores; 800/800-8800; www.target.com.
laminate, salad bowl, and teapot—no sources.
pples—T.J. Maxx; 800/285-6299; www.tjmaxx.com.
henAid; 800/422-1230; www.kitchenaid.com.
abinets and stainless steel colanders—IKEA; in the
434-4532; in Canada: 800/661-9807. **Laminate**
rgo, Inc., 3128 Highwoods Blvd., Suite 100, Raleigh,
00/337-3746. **Dishwasher**, "Elite"—Kenmore-Sears;
73; www.kenmore.com. **Pendant lights**—Home
.A., Inc.; 800/430-3376; www.homedepot.com.
rl with fruit—Pottery Barn; 800/922-5507;
ybarn.com. **Towel**—Crate and Barrel; 888/249-4155;
ndbarrel.com. **Vinegar and oil**—Pier 1 Imports;
95; www.pier1.com. **Cups, plates, soup bowls**—
res; 800/800-8800; www.target.com. **Wooden**
source
Vinegar—Pier 1 Imports; 800/245-4595; Web site:
com. **Towe** —Crate and Barrel; 800/249-4155;
ndbarrel.com. **Cups and white plates**—Target
0/800-8800; www.target.com. **Gray bowls**—T.J.
285-6299; www.tjmaxx.com. **Faucet, gray plates,**
source. **Pitcher**—antique. **Utensil rail system**—
e U.S.: 800/434-4532; in Canada: 800/661-9807.
owe's Cos., Inc.; 800/445-6937; www.lowes.com.
Maxx; 800/285-6299; www.tjmaxx.com. **White**
with wood lids—Target Stores; 800/800-8800;
t.com
157. **cabinets, pendant lights, chrome stools—**
granite countertop—no source. **Range, hood, and**
—Viking Range Corp., 111 Front St., Greenwood,
888/845-4641; www.vikingrange.com. **Cruet set**—
staurant Supplies, 1224 St. Louis, MO
255-3663; www.prls.com.
abinets—custom. **Range and hood**—Viking Range
Front St., Greenwood, MS 38930; 888/845-4641;
grange.com. **Towels, glass jars, cups**—antiques.
salt/pepper shakers—Target Stores; 800/800-8800;
t.com. **White herb pots**—IKEA; in the U.S.: 800/434-
nada: 800/661-9807.

hopping
d Volunteer Daylily—Oakes Daylilies, P.O. Box 268,
N 37721.
mbo Scallop and Flower Stencil—Designer Stencils,
lde Rd., Wilmington, DE 19810.
unny Perennial Blockbuster Garden and Shady Nook
rairie Perennials, 11125 South 14th, Roca, NE, 68430,
genos.com.
Microplane Grater/Zester—Microplane Division of
Inc., P.O. Box 10430, Russellville, AR 72802.

hitects & designers

vlan Country
developer—The O'Brien Group, 2001 Winward Way,
an Mateo, CA 94404-2473; 650/377-0300. **Architect**—
2 Mitchell, S, Irvine, CA 92614; 949/851-2133. **Interior**
Karen Butera, Inc., 2824 E. Coast Hwy., Corona Del
525; 949/640-1300.

me to the Max
R: architect—Lee Hurst Architect, 278 Spring St.,
ME 04102; 207/773-2843. **Builder**—Denis O'Brien,
Builders, Inc., 161 Fort Rd., South Portland, ME
767-3552.
uilder—Steven Sears Building Co. Inc., 6507 N.
Ave., Indianapolis, IN 46220; 317/251-8740. **Interior**
lebecca Vaughn, 7177 Williams Creek Dr., Indianapolis,
17/255-1238.

Staircases
rchitect—Robin Abrahams, Abrahams Architects,
St., Seattle, WA 98122; 206/447-9775. **Builder/**
—Steve Fradkin and Steve Mittendorf, Fradkin, Mit-
ine Construction, Inc., 1737 NW. 56th St., Seattle,
206/706-1123.
nterior design/remodeling consultant—Tammy
10 Stony Hill Rd., Boulder, CO 80303; 303/499-1571.

Kitchen Island
: kitchen designer—Dawn Sullivan, Allied Member,
Interiors, P.O. Box 301113, Escondido, CA 92030-
4-8388. **General contractor**—Johansen Construction
849 Tierra Libertia, Escondido, CA 92026-7825;
4.

ly Traditions
36: designer—Kim Elia, Truffles, 25 W. Jefferson
ville, IL 60540; 630/983-9425. **Landscape designer**—
lligan, Rolling Lanscapes, Inc., 16189 New Ave.,
0439; 630/243-9400.

e the Old Neighborhood
147: residential designer—Robert Wood, Jr. &
384-9567.

hens
158: contractor—Mark Taylor, Taylor Made
, 8301 W. 127th Terrace, Overland Park, KS 66213;
n.

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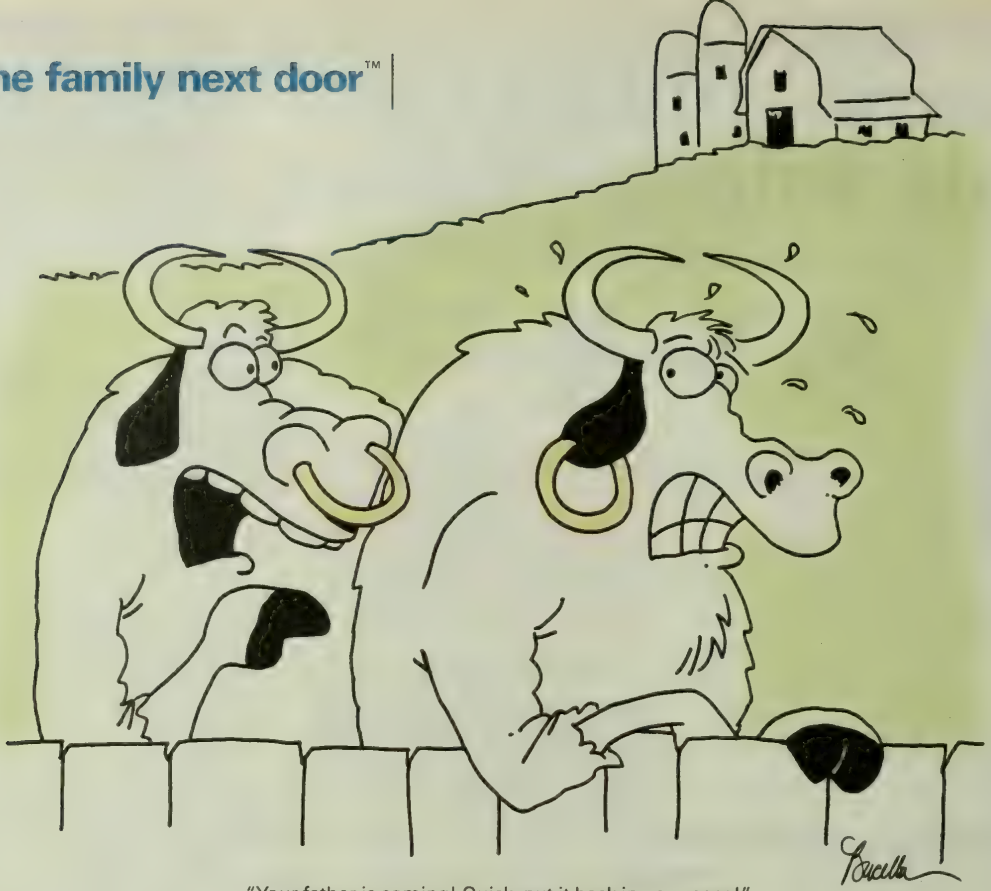
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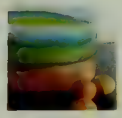
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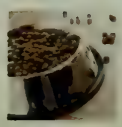
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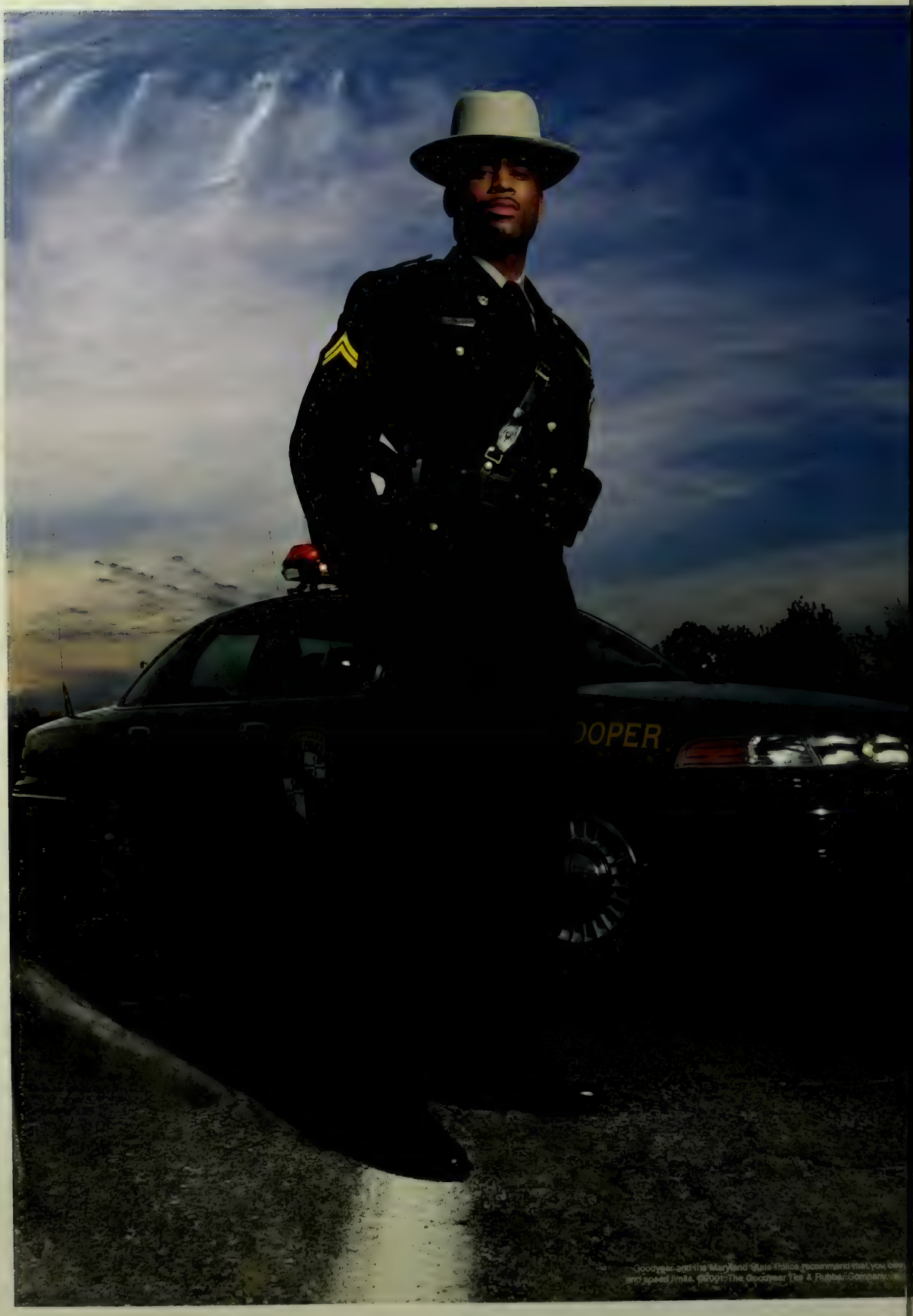




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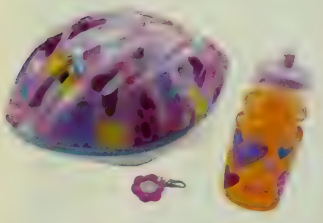
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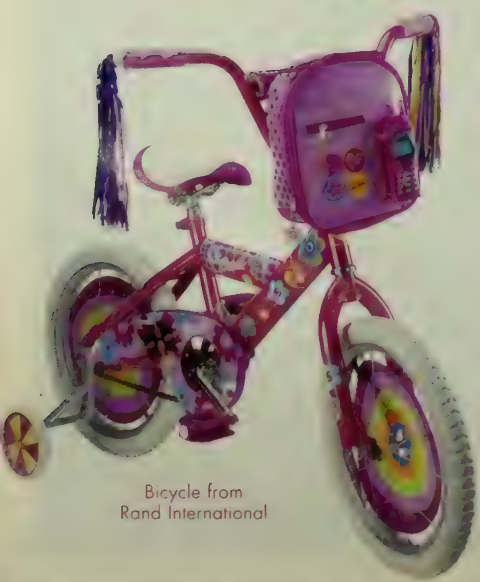


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Have you ever wondered what it was really like to be a pioneer in the mid-1800s—traveling west in a covered wagon to build a new home and a new life in the wilderness? As a young reader of stories about American courage and rugged perseverance on the great frontier, I often fantasized about that experience and wondered whether or not I'd survive it. Being a farm girl, I felt certain I could raise crops, tend livestock, and hunt game to feed my family. But build a log cabin from the ground up—or provide a child a McGuffey education and home-brewed medicine? I had my doubts.

For three contemporary American families, these questions are real ones that they answered by taking on a remarkable challenge. Participating in *Frontier House*, a program created by New York public broadcast station WNET, the Clunes from California, the Brooks from Massachusetts, and the Glenns from Tennessee became authentic pioneers for nearly five months in the isolated beauty of southern Montana. *Better Homes and Gardens*® looked in on them not as a lesson in history, but to see what the pioneering American family had in common with today's American family. Would this experiment show that we had grown too distant from our roots of self-reliance and simple living to take on the challenges of the frontier? Or, that we could shed the trappings of the 21st century to find our pioneer character and backbone still intact?



Writer John Riha and photographer Judy Olausen bring depth and dimension to these questions in our first installment of this three-part story, which begins on *page 121*. A far cry from *Little House on the Prairie*, this is where real life meets real adventure.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

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Angel Neidert
Akron, Ohio

Summer souvenirs

When my grandchildren visit in the summer, they like to take home presents for their mom and friends. I purchase inexpensive unfinished wood items in craft departments and let the children decorate them with sparkle gels, bits of cloth, ribbon, or whatever I have handy. Results? The kids have produced surprisingly artistic souvenirs, each with its own personal touch.

Elinor Filice
Niagara Falls, N.Y.

No diapers, no worries

We were thrilled when our 3-year-old was ready to wear underwear, but we worried about "accidents" on our furniture. I placed a clean bathroom rug—the kind with the rubber backing—on the furniture and that became her special sitting spot. We also took her "special seat" to the homes of relatives and friends, and it helped us all to relax.

Susan Harden
Wayne, N.J.

Keeping elderly dad in touch

With my mother's passing, my father was alone in Florida with relatives far away. It was difficult for him to remember birthdays and anniversaries, especially because our family always seems to be adding new members. At the end of each year, I buy him a new calendar with large, easy-to-read blocks for each day. Before giving it to him, I insert all the information that will help him stay in touch.

Eileen Cancelliere
Philadelphia, Pa.

No more boredom

We always keep an "I'm Bored!" basket on hand for those moments when my young boys can't think of anything to do. The basket contains strips of paper with the name of an activity, such as playing with blocks, writing Grammy a note, etc. The boys like to take turns when drawing out the slips of paper. This activity also helps to keep them busy when I'm making dinner or on the phone.

Kathy Babineau
E. Falmouth, Mass.

Highway homework

When my kids were in school, we had a long commute every day. To make good use of travel time, I prepared homemade flash cards with spelling and vocabulary words. Each child had their own zippered plastic bag to carry their own cards. No more fumbling for notes while they prepared for tests.

Lynn Castille
Broussard, La.

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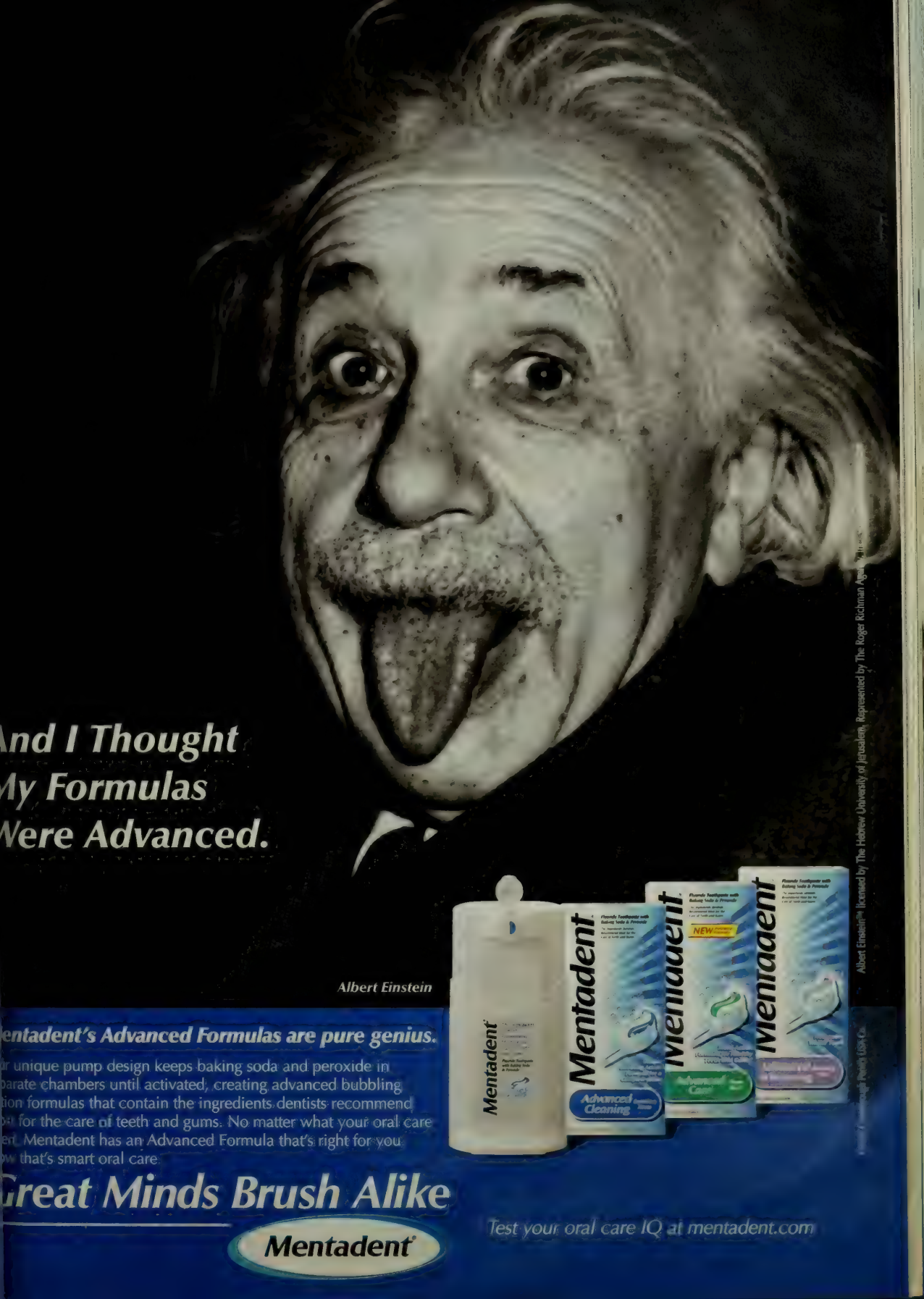
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Ask your doctor about a bone density test.

arly on, osteoporosis is a silent disease, so ou may not see any signs. Risk increases with ge and varies from person to person. In fact, fter the age of 80, over 75% of women have steoporosis. If you have a thin build, are aucasian or Asian, have a family history of steoporosis, or are a smoker, your risk for steoporosis increases.

ortunately, your doctor can measure the ealth of your bones with a simple, painless one density test. If your bones are thinning, our doctor may prescribe FOSAMAX.

FOSAMAX is proven to help build bone.

OSAMAX is a nonhormonal tablet for the reatment and prevention of osteoporosis in ostmenopausal women. FOSAMAX has been roven to help build bone. Increases in bone nass were evident as early as three months after herapy was begun. FOSAMAX is the number-ne prescribed osteoporosis drug treatment.*

FOSAMAX is also available in a once-weekly tablet.

FOSAMAX is the only once-weekly tablet for the treatment and prevention of postmenopausal osteoporosis. In studies, FOSAMAX Once Weekly was as effective as FOSAMAX Once Daily in increasing bone density. And FOSAMAX is the only oral medication with a convenient once-weekly option proven to help build bone.

Important information about FOSAMAX.

You should not use FOSAMAX if you have certain disorders of the esophagus (the tube connecting the mouth with the stomach), are unable to stand or sit upright for 30 minutes, have severe kidney disease, low blood calcium, or are allergic to FOSAMAX. Use with caution if you have stomach or digestive problems. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus. (See Patient Product Information for more details.) Digestive side effects in studies were generally mild and included stomach pain, indigestion/heartburn, or nausea.

Ask your doctor about a bone density test and if FOSAMAX is right for you.

FOSAMAX Once Weekly
Proven to help build bone.

ONCE WEEKLY
FOSAMAX®
(alendronate sodium tablets)

lease see the Brief Summary of Patient Product Information on the following page and discuss it with your doctor.

Source: IMS HEALTH, National Prescription Audit *PLUS*™ (NPA *PLUS*™) and the National Disease and Therapeutic Index™ (based on total prescriptions for the period January 1, 2001 to August 31, 2001).

FOSAMAX®
(alendronate sodium tablets)

FOSAMAX is available as a tablet taken **once daily** or as a tablet taken **once weekly**. It is important that you know which tablet your doctor has prescribed and that you take FOSAMAX as directed by your doctor.

Please read this information before you start taking FOSAMAX*. Also, read the information each time you renew your prescription, just in case anything has changed. Remember, this information does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

FOSAMAX is a tablet to be taken **once daily** or as a tablet to be taken **once weekly**.

- If your doctor has prescribed FOSAMAX as a tablet to be taken **once daily**, take FOSAMAX once a day, every day. If you miss a dose, do not take it later in the day. Continue your usual schedule of one tablet once a day the next morning.
- If your doctor has prescribed FOSAMAX as a tablet to be taken **once weekly**, choose the day of the week that best fits your schedule. Every week, take one tablet on your chosen day. If you miss a dose, take only one FOSAMAX **Once Weekly** tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

Whether your doctor has prescribed FOSAMAX to be taken **once weekly** or **once daily**, these are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, and before taking your first food, beverage, or other medication, swallow your FOSAMAX tablet with a full glass (6-8 oz) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
   Do not chew or suck on a tablet of FOSAMAX.
2. **After swallowing your FOSAMAX tablet do not lie down - stay fully upright (sitting, standing, or walking) for at least 30 minutes and do not lie down until after your first food of the day.** This will help the FOSAMAX tablet reach your stomach quickly and help reduce the potential for irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.

What is FOSAMAX?

FOSAMAX Once Daily and **Once Weekly** **can be used to:**

- **Treat or prevent osteoporosis (thinning of bone) in women after menopause, and reduce their chance of having a hip or spinal fracture**
- **Increase bone mass in men with osteoporosis**

FOSAMAX Once Daily is also for the treatment of osteoporosis in both men and women receiving corticosteroid medications (for example, prednisone).

You will find more information about osteoporosis at the end of this summary.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause or with use of corticosteroid medications
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or nursing
  If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally severe and/or with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes or before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea, black and/or bloody stools, stomach or other peptic ulcers (some severe), and gas.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash (occasionally made worse by sunlight) or eye pain have occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause and may also occur in men. Osteoporosis often occurs in women several years after the menopause, which happens when the ovaries stop producing the female hormone estrogen or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

Osteoporosis can also occur in men due to several causes, including aging and/or a low level of the male hormone testosterone. It may also be caused by certain medications called corticosteroids in both men and women. In all instances of osteoporosis, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms, but can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may also be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

Osteoporosis in men and women caused by corticosteroids

Corticosteroids can cause bone to be removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy. It is important to take your corticosteroid medication as recommended by your doctor.

How can osteoporosis be treated or prevented?

- **Medication.**
  FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits and risks of estrogen (hormone replacement therapy used in postmenopausal women) elsewhere in your body.
- **Lifestyle changes.**
  In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

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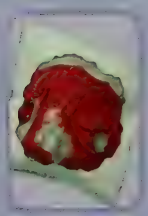
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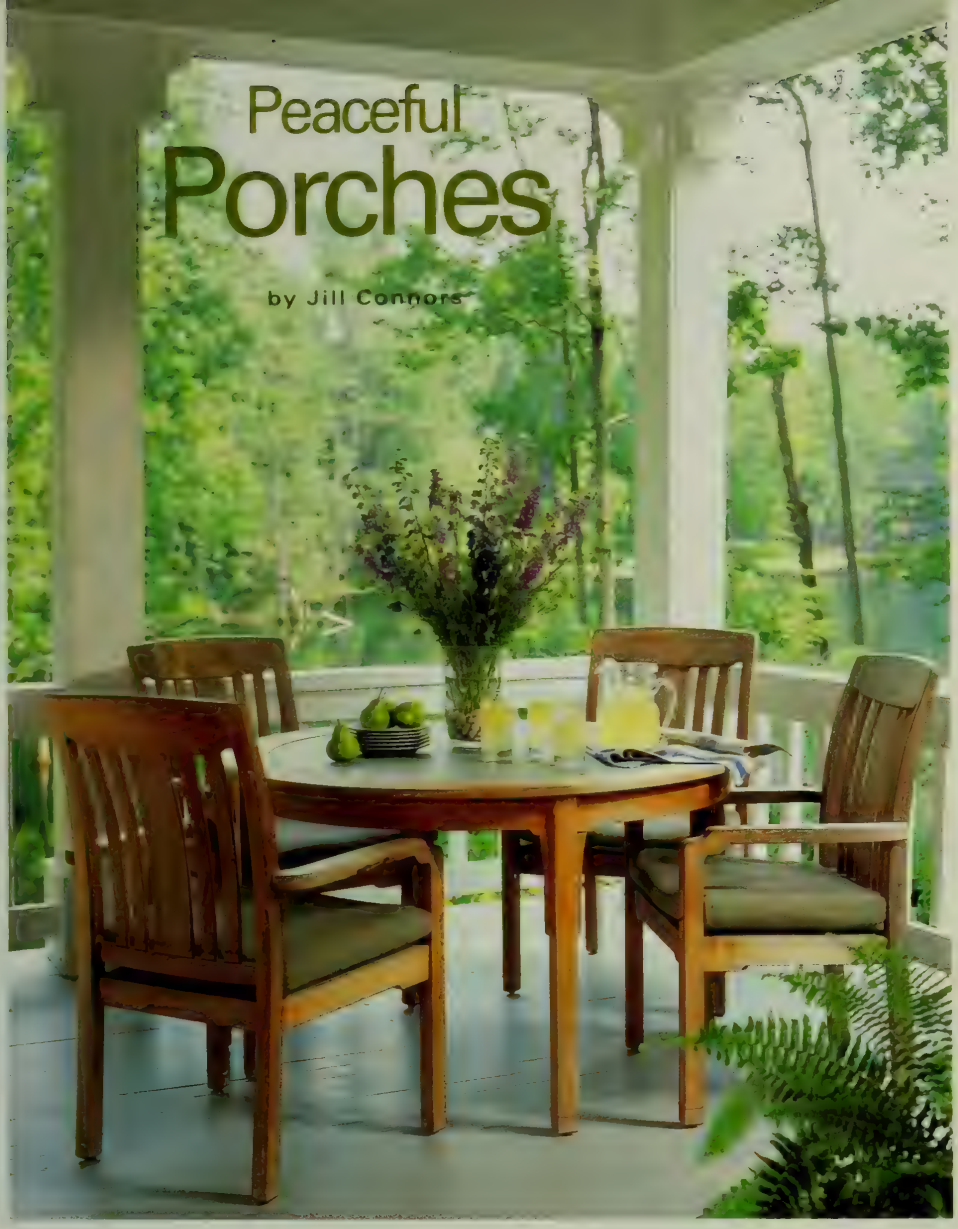
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Peaceful Porches

by Jill Connors

Adding a porch can transform the look of your home and provide a serene setting for everything from family meals to afternoon naps. Here are two dreamy porches to get you going on yours.



No matter its location, a porch will enhance your home as long as you consider scale, materials, and overall architectural style before hammering the first nail. So take some time to plan before hiring the dream-building experts.

Check out all the types of porches that are appropriate for the style and size of your home's design. A 1950s Colonial-style house, for example, will require a more traditional porch than a contemporary 1970s dwelling. Then choose materials that relate to the existing structure. Wooden columns and railings are classic elements that work with many houses. Flooring and ceiling materials can make a statement too. And, when the project is finished, watch your home's value inflate from all the attention.

continued on page 24

Peaceful Porches

continued from page 23





wraparound porch

Faced with the daunting task of rebuilding after a lightning strike burned their Fishers, Indiana, house to the ground, homeowners Dan and Ginger Hall and son Steven turned devastation into delight. On the same property, they built a classic brick-and-clapboard house, paying particular attention to family tradition when it came to the porch. "I wanted some of the feeling of the porch from my Connecticut childhood home," says Ginger, who worked with architectural designer Gary Nance. Thus, the porch rambles around the house, with separate doors leading into the kitchen and the mudroom. Floors, ceiling, and railing are painted wood, and the space was kept open air instead of screened. "I'm not one for a lot of froufrou," adds Ginger. "I wanted to keep the porch simple, so that the focus would be on the environment."

continued on page 26



The porch (*above right*) of this Indiana house wraps around three sides, offering views of both a pool and a pond in the yard. The painted floor, railing, and beadboard ceiling were inspired by Ginger's family cottage in Connecticut. Old wicker chairs (*right*) belonged to Ginger's grandmother. The Halls use the teak table (*top*) for meals eight months of the year.

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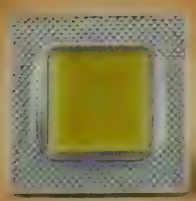
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Peaceful Porches

continued from page 24

front porch

After raising their two children in this 1980s saltbox-style house, Diane and Wayne Jenkins were reluctant to move from their now-empty nest. But they yearned for a change. The house's facade seemed somber, with its blue-gray siding and burgundy window trim. A new front porch, designed by architect John Linn and built by custom builder David Millsaps, gave them just the jolt they wanted. "Old friends drive by and don't even recognize the house," says Diane, who says the front porch is a favorite spot for entertaining. The couple kept their original front door and all windows, but painted the window trim white and the cedar clapboard siding dove gray. They also replaced the house's aging brown-shingle roof with black shingles for house and porch.

Buying information, page 251







A front porch addition transformed the facade of the Jenkins' house in Greensboro, North Carolina. Brick, used for the porch floor and steps, pays tribute to classic Southern design—and it's easy to maintain. The floor is graded slightly, however, for easy rain runoff. Wooden posts and railing were custom-built on site.



Look away! Look away!
Too late. You drooled.



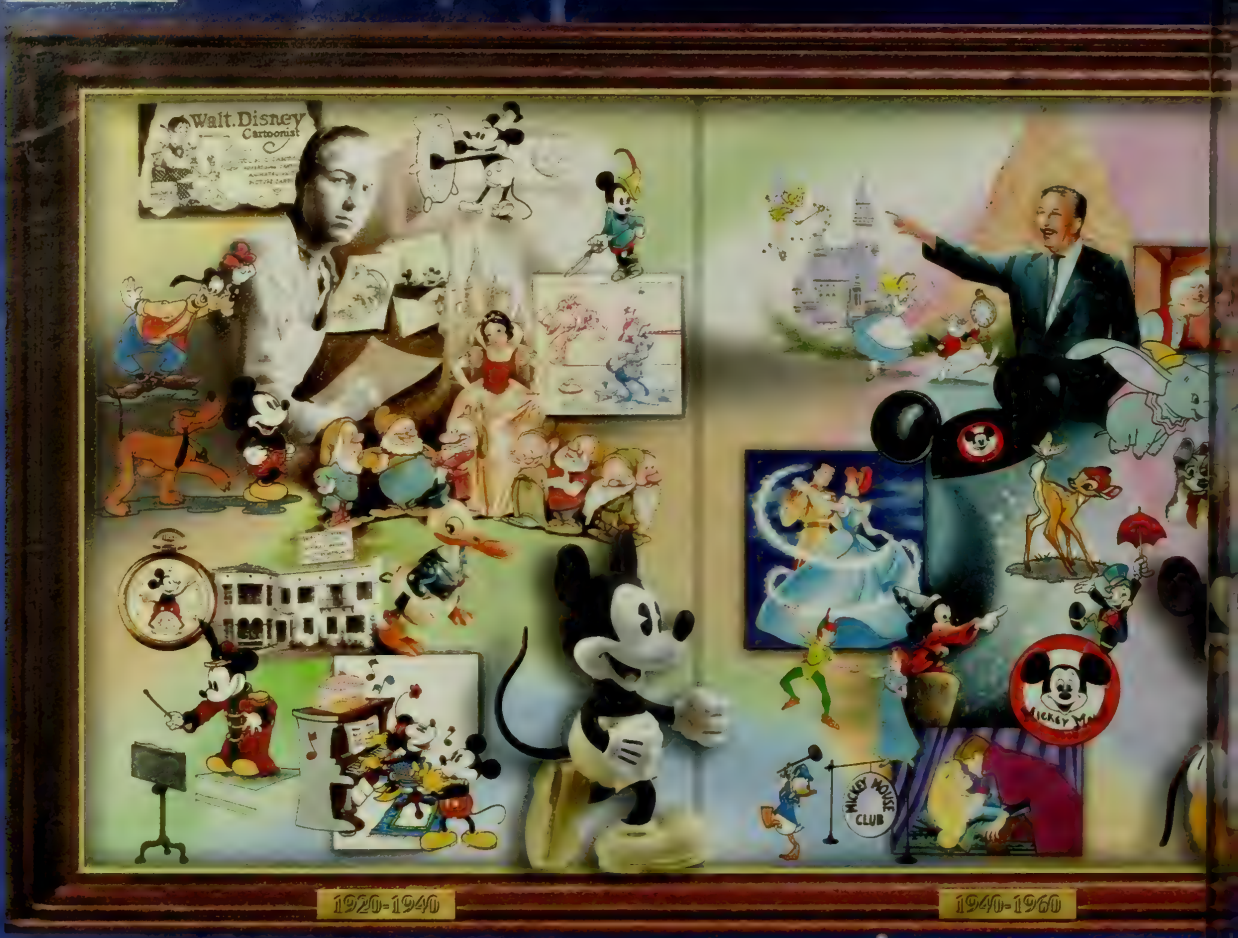
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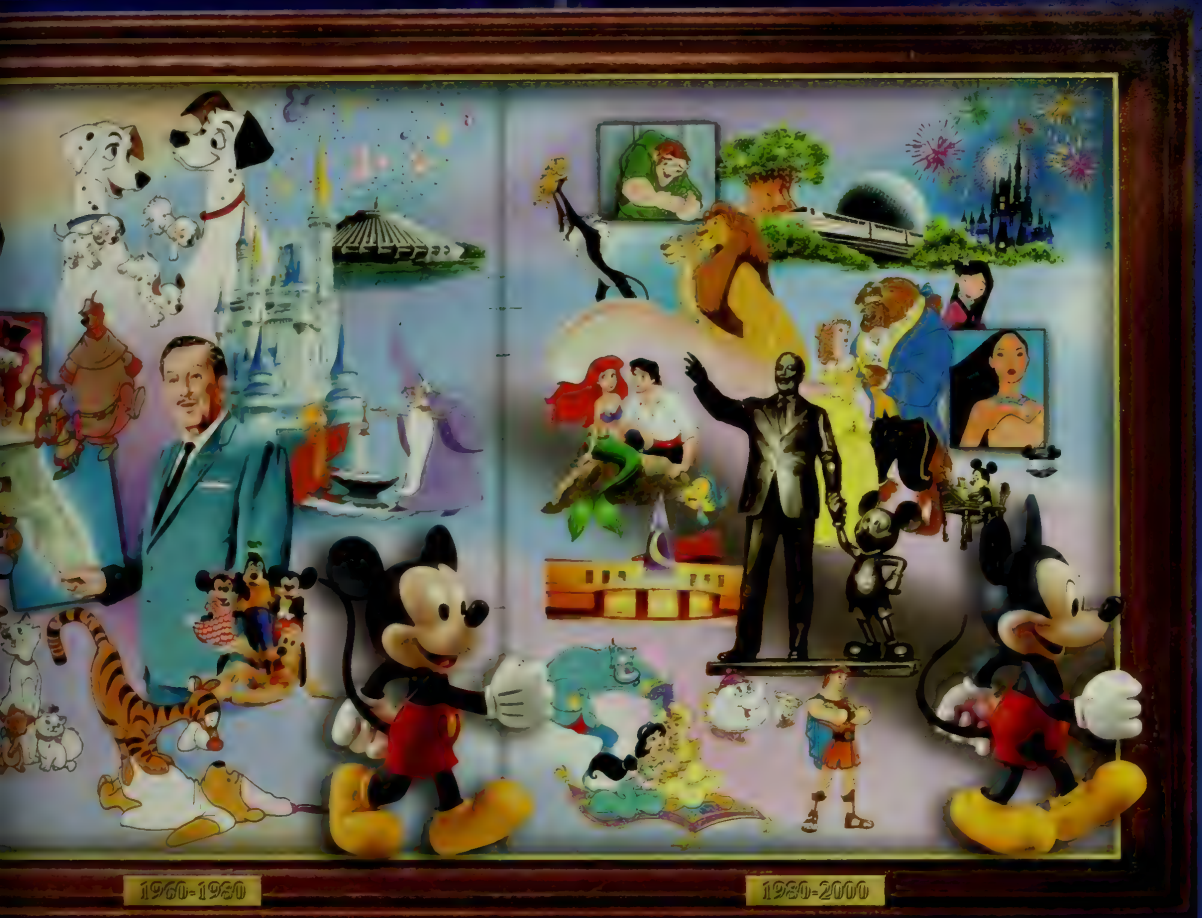
Who, in 1928, imagined that Mickey Mouse would become an American icon, much less start a legacy of Disney magic? From the first synchronized-sound cartoon (*Steamboat Willie*), the first animated feature film (*Snow White and the Seven Dwarfs*), and the first theme park (*Disneyland*), Walt Disney's genius created spectacular innovation and superlative entertainment that's spoiled us ever since.

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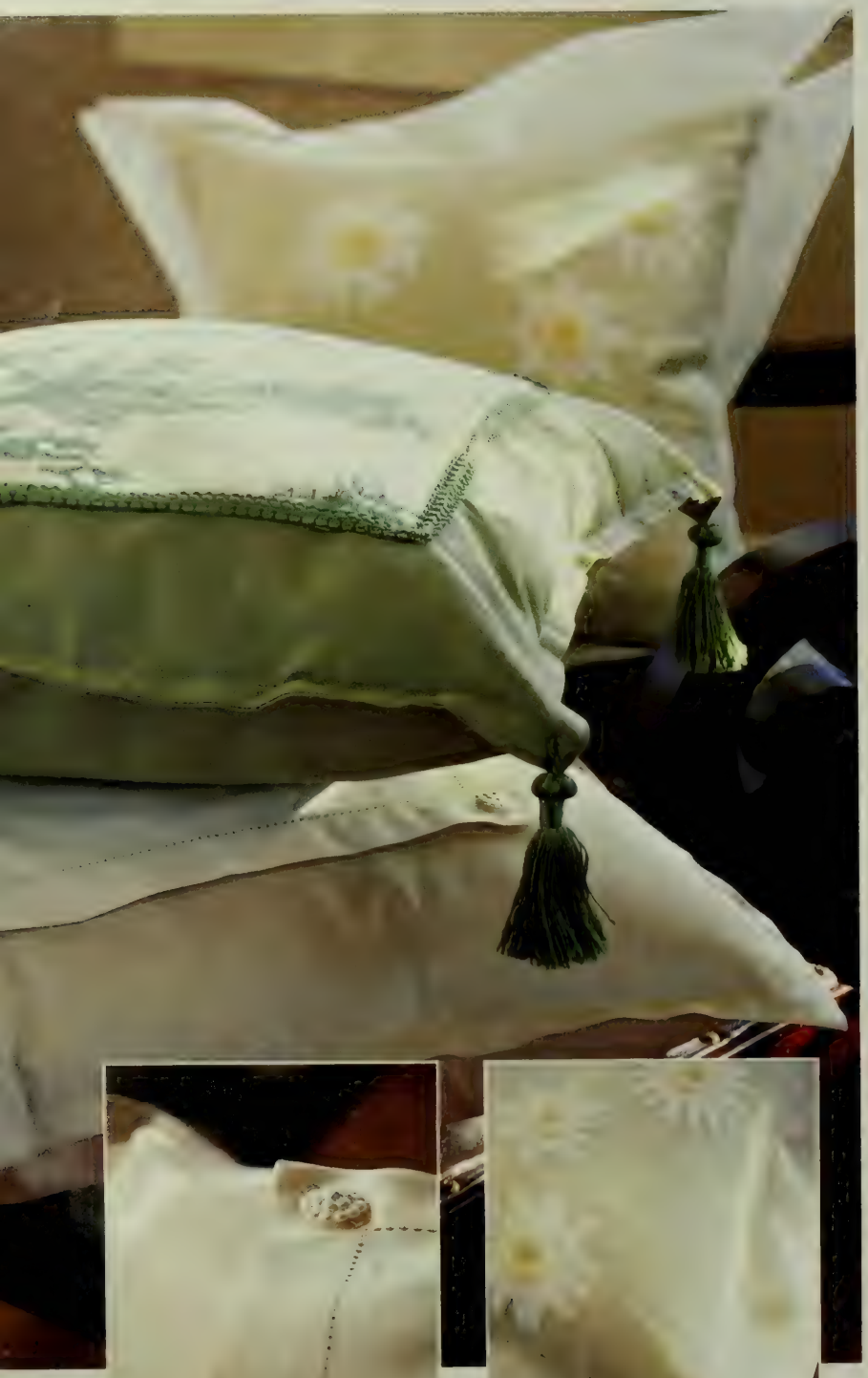


A rose garland softens the edges of this plain duvet cover. To make a stencil for fabric, cut a motif from self-adhesive vinyl (used for shelf liners), or spritz the back of a plastic stencil with spray adhesive. Then fill in the design using either fabric paint or acrylic crafts paint mixed with a fabric-friendly conditioning medium (all available at crafts stores). Preserve the design by following the paint manufacturer's heat-treating directions.

continued on page 32
To order a stencil, see page 72


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continued from page 30



Pillow panache

A trio of plain pillows calls fo
personal touches. To create th
top pillow on the stack (*left*), cu
a bucolic scene from toile fabri
and position it in the cente
of a removable pillow cove
Use gimp—zigzag stitched i
place—to frame it. Tack tassel
to the corners for a formal finish

Give a pillow vintage charm
using pearly buttons and a line
cocktail napkin (picked to fit th
size of the pillow). Stitch but
tonholes in the corners of th
napkin to slip over shank-styl
buttons sewn to the front o
the pillow (*below, left*). Othe
quick-change options includ
crocheted doilies, printed te
towels, monogrammed napkin
or hemmed fabric remnants.

Beautify a pillow with a fiel
of flowers and a dreamy, film
slipcover (*below, right*). Pick you
favorite silk posies and hot-glu
them randomly on the pillo
Then, sew a sheer fabric, such
organdy, into a slip-on case wit
a graceful 3-inch flange.

continued on page 34


Great serve, Mom.
When I was a kid,
my mom put a tall, cold glass of
calcium and eight other essential
nutrients in front of me at every meal.
Advantage Agassi.
got milk?
ANDRE AGASSI WITH HIS MOM ELIZABETH ©2002 AMERICA'S DAIRY FARMERS AND MILK PROCESSORS

continued from page 32





Dashing panels

Fabric-store trimmings elevate curtains to tailored, elegant decorative assets.

Shaggy chenille fringe piles up for a tactile surprise along the bottom of these silk panels (*left*). A 10-inch-deep band of overlapping 2-inch fringe makes the lightweight, unlined panels look and feel substantial. Starting at the bottom edge of the curtain, stitch rows of fringe from side to side, letting the upper row hang over the lower one about an inch. Hide the cut fringe ends on the backside of the curtains.

Checked gingham ribbon, stitched as a border, gives definition and structure to creamy diaphanous curtains (*above*). Pin pieces of 2-inch-wide ribbon onto each of the four edges of the curtain panel; miter the corners. Stitch along the outside edge of the ribbon and then along the inner edge.

continued on page 36



a me moment with the delicious creamy taste

of Breyers fat free yogurt.

continued from page 34





Contemporary spin

Punch up simple curtains by using an array of silvery grommets. Designed to mimic old-fashioned eyelet fabric, the metal O's create a modern look with no-sew ease.

Lay the plain curtains on a hard surface and arrange grommets into a pleasing random pattern. Cluster trios of small grommets together and leave larger ones floating singly. Mark the centers of the grommets on the curtain. Following the manufacturer's directions, cut small holes on the marks and insert the grommet pieces. Snap them together with a grommet tool. Available in all sizes and several metals, grommets—also called eyelets—can be found in crafts, hardware, and fabric stores.

Buying information, page 251


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TABLETS

Brief Summary (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: CLARINEX Tablets are indicated for the relief of the nasal and non-nasal symptoms of seasonal allergic rhinitis in patients 12 years of age and older.

CONTRAINDICATIONS: CLARINEX Tablets are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients, or to loratadine.

PRECAUTIONS: Carcinogenesis, Mutagenesis, Impairment of Fertility: The carcinogenic potential of desloratadine was assessed using loratadine studies. In an 18-month study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg/day. In mice (estimated desloratadine and desloratadine metabolite exposures were approximately 3 times the AUC in humans at the recommended daily oral dose) and 25 mg/kg/day, in rats (estimated desloratadine and desloratadine metabolite exposures were approximately 30 times the AUC in humans at the recommended daily oral dose). Male mice given 40 mg/kg/day loratadine had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg/day and in males and females given 25 mg/kg/day. The estimated desloratadine and desloratadine metabolite exposures of rats given 10 mg/kg of loratadine were approximately 7 times the AUC in humans at the recommended daily oral dose. The clinical significance of these findings during long-term use of desloratadine is not known.

In genotoxicity studies with desloratadine, there was no evidence of genotoxic potential in a reverse mutation assay (*Salmonella/E. coli* mammalian microsome bacterial mutagenicity assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenicity assay and mouse bone marrow micronucleus assay).

There was no effect on female fertility in rats at desloratadine doses up to 24 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 130 times the AUC in humans at the recommended daily oral dose). A male specific decrease in fertility, demonstrated by reduced female conception rates, decreased sperm numbers and motility, and histopathologic testicular changes, occurred at an oral desloratadine dose of 12 mg/kg in rats (estimated desloratadine exposures were approximately 45 times the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on fertility in rats at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 8 times the AUC in humans at the recommended daily oral dose).

Pregnancy Category C: Desloratadine was not teratogenic in rats at doses up to 48 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 210 times the AUC in humans at the recommended daily oral dose) or in rabbits at doses up to 60 mg/kg/day (estimated desloratadine exposure was approximately 230 times the AUC in humans at the recommended daily oral dose). In a separate study, an increase in pre-implantation loss and a decreased number of implantations and fetuses were noted in female rats at 24 mg/kg (estimated desloratadine and desloratadine metabolite exposures were approximately 120 times the AUC in humans at the recommended daily oral dose). Reduced body weight and slow righting reflex were reported in pups at doses of 9 mg/kg/day or greater (estimated desloratadine and desloratadine metabolite exposure was approximately 50 times or greater than the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on pup development at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 7 times the AUC in humans at the recommended daily oral dose). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, desloratadine should be used during pregnancy only if clearly needed.

Nursing Mothers: Desloratadine passes into breast milk, therefore a decision should be made whether to discontinue nursing or to discontinue desloratadine, taking into account the importance of the drug to the mother.

Pediatric Use: The safety and effectiveness of CLARINEX Tablets in pediatric patients under 12 years of age have not been established.

Geriatric Use: Clinical studies of desloratadine did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy. (see **CLINICAL PHARMACOLOGY – Special Populations**).

Information for Patients: Patients should be instructed to use CLARINEX Tablets as directed. As there are no food effects on bioavailability, patients can be instructed that CLARINEX Tablets may be taken without regard to meals. Patients should be advised not to increase the dose or dosing frequency as studies have not demonstrated increased effectiveness at higher doses and somnolence may occur.

ADVERSE REACTIONS: In multiple-dose placebo-controlled trials, 1,838 patients received CLARINEX Tablets at doses of 2.5 mg to 20 mg daily, 659 patients received the recommended daily dose of 5 mg. In patients receiving 5 mg daily, the rate of adverse events was similar between CLARINEX and placebo-treated patients. The percent of patients who withdrew prematurely due to adverse events was 2% in both the CLARINEX and the placebo groups. There were no serious adverse events in these trials in patients receiving desloratadine. All adverse events that were reported by greater than or equal to 2% of patients who received the recommended daily dose of CLARINEX Tablets (5.0 mg once-daily), and that were more common with CLARINEX than placebo, are listed in Table 3.

Table 3

Incidence of Adverse Events Reported by ≥ 2% of Patients in Placebo-Controlled, Multiple-Dose Clinical Trials

Adverse Experience	CLARINEX Tablets 5.0 mg (n=659)	Placebo (n=661)
Pharyngitis	5%	2%
Dry Mouth	4%	2%
Somnolence	3%	2%
Fatigue	3%	2%
Influenza-Like Symptoms	2%	1%
Myalgia	2%	<1%
Nausea	2%	1%
Dizziness	2%	1%
Dry Throat	2%	1%

The frequency and magnitude of laboratory and electrocardiographic abnormal were similar in CLARINEX and placebo-treated patients.

There were no differences in adverse events for subgroups of patients as defined gender, age, or race.

The following spontaneous adverse events have been reported during the marketin desloratadine: tachycardia, and rarely hypersensitivity reactions (such as rash, prur urticaria, edema, dyspnea, and anaphylaxis), and elevated liver enzymes including bi bin.

DRUG ABUSE AND DEPENDENCE: There is no information to indicate that abus dependency occurs with CLARINEX Tablets.

OVERDOSAGE: Information regarding acute overdosage is limited to experience f clinical trials conducted during the development of the CLARINEX product. In a dose ra ing trial, at doses of 10 mg and 20 mg/day somnolence was reported.

Single daily doses of 45 mg were given to normal male and female volunteers 10 days. All ECGs obtained in this study were manually read in a blinded fashion by a diologist. In CLARINEX-treated subjects, there was an increase in mean heart rat 9.2 bpm relative to placebo. The QT interval was corrected for heart rate (QT_c) by both Bazett and Fridericia methods. Using the QT_c (Bazett) there was a mean increas 8.1 msec in CLARINEX-treated subjects relative to placebo. Using QT_c (Fridericia), t was a mean increase of 0.4 msec in CLARINEX-treated subjects relative to placebo clinically relevant adverse events were reported.

In the event of overdose, consider standard measures to remove any unabsorbed d Symptomatic and supportive treatment is recommended. Desloratadine and 3-hydr desloratadine are not eliminated by hemodialysis.

Lethality occurred in rats at oral doses of 250 mg/kg or greater (estimated deslo dine and desloratadine metabolite exposures were approximately 120 times the AU humans at the recommended daily oral dose). The oral median lethal dose in mice 353 mg/kg (estimated desloratadine exposures were approximately 290 times the hu daily oral dose on a mg/m^2 basis). No deaths occurred at oral doses up to 250 mg/k monkeys (estimated desloratadine exposures were approximately 810 times the hu daily oral dose on a mg/m^2 basis).

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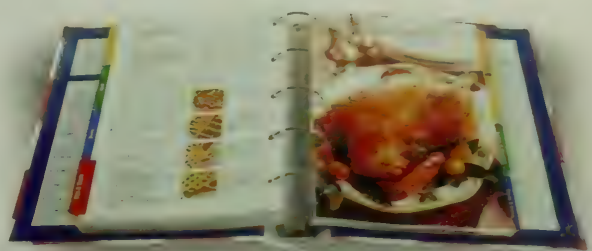


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by Gina Harrell

leafing

Tinkering with metal leaf has intrigued artists, crafters, and decorators for centuries. Now the process of adding silver and gold coatings to everyday objects has been simplified with products that help you show your true metal.

Project instructions on page 42
continued on page 42



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continued from page 40



Glass with Class

Layer silver leaf on glass florist's vases to create the look of vintage mercury glass. The clear and frosted-pink vases were "leafed" on the inside; the shallow bowl was leafed on the outside. The ultra-thin metal should be handled with care, and then sealed to protect the filmy surface. Editor's note: Do not apply leafing to surfaces exposed to food. Also, before starting, be sure the vase opening is large enough to fit your hand.

Applying adhesive

Wash glass in soapy water, then rinse it in a 10:1 water/vinegar solution. For the globe vase (see *page 40*), mark the leafing line on the outside with a washable china marker. To apply adhesive to small containers, use the spray technique (*below, left*). For large containers, brush adhesive (also called "size") onto 2-inch-square sections. Allow it to dry until it's clear and tacky, then adhere the leaf before applying more adhesive.

Applying leaf

To transfer the leaf to the adhesive, use the sheets of tissue that come with the metal leaf, or use waxed paper pieces. Rub the leaf onto the tacky surface—a process called burnishing—then remove the tissue. After the glass is covered, rub it with a cotton ball to remove any excess.

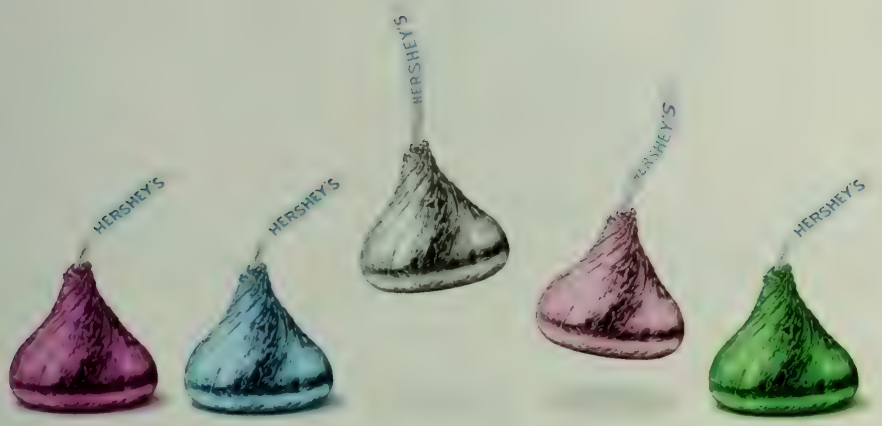
Sealing

For surfaces that will receive heavy wear, brush on two or more coats of leaf sealer or clear acrylic sealer. For all other surfaces, spray on two or more coats of clear acrylic sealer.

continued on page 45



Spraying Tip Hold cardboard against the vase to shield your work area. As soon as the spray adhesive is applied, cap the vase with the cardboard so the adhesive is trapped inside. Repeat spraying until the vase is coated.



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A Light Touch

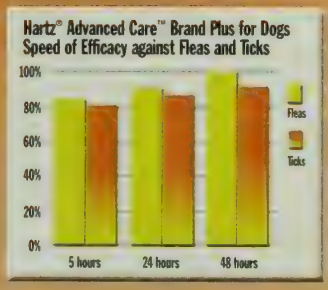
Clear glass votives shine with an inner coating of silver leaf. For a smooth look, apply leaf to the entire surface. Patch any bare spots with scraps of leaf. For an aged look, leave some spots bare when applying adhesive, and crinkle the leaf slightly when applying it. Rub with a cotton ball after the leaf has been applied. A coat of sealer protects the leaf. Tip: To make handling the brittle leaf easier, dust your hands with talcum powder before beginning.

Project instructions on page 42
continued on page 46

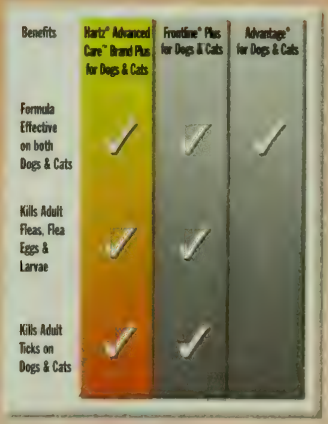


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A Case of Gild

The art of applying metal leaf—originally called gilding—was used in many ancient civilizations, and artifacts survive today with worn metallic surfaces. You can give wooden frames the look of such an antique by coating them with silver leaf. Clean the frame and use a stiff brush to remove old, loose finishes. To create an even surface, brush the wood with a coat of clear acrylic sealer. When dry, apply the size and leaf over the entire surface. Touch up hard-to-reach areas with acrylic paint containing matching metallic particles. For a distressed look, first apply a colored base coat—black, red, and gold are common colors under silver leaf. Then, while applying the leaf, leave holes for the base coat to show through.

Buying information, page 251
To order a leafing kit, see page 72



Sizing Brush or spray on a thin coat of adhesive. Remove any puddles with a dry brush or cotton swab. Leaf adhesive, or size, goes on milky but dries clear.



Leafing Transfer leaf to the frame with waxed paper or the tissue paper dividers that come with the metal leaf. Use a soft brush to press leaf into the crevices.



Burnishing Brush away excess leaf with a soft brush. Touch up bare areas with more leaf or metallic paint. Protect the leaf with two or more coats of sealer.

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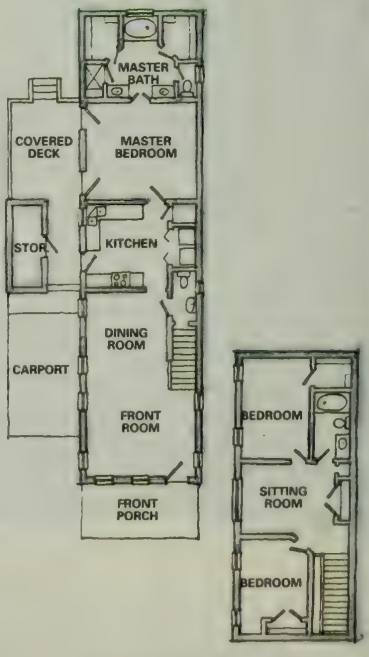


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Important information:

LIPITOR® (atorvastatin calcium) is a prescription drug used with diet to lower cholesterol. LIPITOR is not for everyone, including those with liver disease or possible liver problems, women who are nursing, pregnant, or may become pregnant. LIPITOR has not been shown to prevent heart disease or heart attacks.

If you take LIPITOR, tell your doctor about any unusual muscle pain or weakness. This could be a sign of serious side effects. It is important to tell your doctor about any medications you are currently taking to avoid possible serious drug interactions. Your doctor may do simple blood tests to monitor liver function before and during drug treatment. The most commonly reported side effects are gas, constipation, stomach pain and indigestion. They are usually mild and tend to go away.

Please see additional important information on next page.

When it comes to high cholesterol, looks can be deceiving. Because anyone can have it, and diet and exercise may not lower it enough. The good news is adding LIPITOR can lower your total cholesterol 29% to 45% and your bad cholesterol 39% to 60% (average effect depending on dose). So stay beautiful on the inside. One in five people has high cholesterol and millions need treatment — talk to your doctor to find out if LIPITOR is right for you. To learn more, contact us at **1-888-LIPITOR** or **www.lipitor.com.**

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transaminases. Hypersensitivity to any component of this medication. **Pregnancy and Lactation** — Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. ATORVASTATIN SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEIVE AND HAVE BEEN INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

WARNINGS: Liver Dysfunction — HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. **Persistent elevations (>3 times the upper limit of normal [ULN] occurring on 2 or more occasions) in serum transaminases occurred in 0.7% of patients who received atorvastatin in clinical trials. The incidence of these abnormalities was 0.2%, 0.2%, 0.6%, and 2.3% for 10, 20, 40, and 80 mg, respectively.** One patient in clinical trials developed jaundice. Increases in liver function tests (LFT) in other patients were not associated with jaundice or other clinical signs or symptoms. Upon dose reduction, drug interruption, or discontinuation, transaminase levels returned to or near pretreatment levels without sequelae. Eighteen of 30 patients with persistent LFT elevations continued treatment with a reduced dose of atorvastatin. **It is recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation of dose, and periodically (eg, semiannually) thereafter.** Liver enzyme changes generally occur in the first 3 months of treatment with atorvastatin. Patients who develop increased transaminase levels should be monitored until the abnormalities resolve. Should an increase in ALT or AST of >3 times ULN persist, reduction of dose or withdrawal of atorvastatin is recommended. Atorvastatin should be used with caution in patients who consume substantial quantities of alcohol and/or have a history of liver disease. Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of atorvastatin (see CONTRAINDICATIONS). **Skeletal Muscle — Rhabdomyolysis with acute renal failure secondary to myoglobinuria has been reported with other drugs in this class.** Uncomplicated myalgia has been reported in atorvastatin-treated patients (see ADVERSE REACTIONS). Myopathy, defined as muscle aches or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values >10 times ULN, should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. Atorvastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. The risk of myopathy during treatment with other drugs in this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, niacin, or azole antifungals. Physicians considering combined therapy with atorvastatin and fibric acid derivatives, erythromycin, immunosuppressive drugs, azole antifungals, or lipid-lowering doses of niacin should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic creatine phosphokinase (CPK) determinations may be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy. **Atorvastatin therapy should be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures).**

PRECAUTIONS: General — Before instituting therapy with atorvastatin, an attempt should be made to control hypercholesterolemia with appropriate diet, exercise, and weight reduction in obese patients, and to treat other underlying medical problems (see INDICATIONS AND USAGE in full prescribing information). **Information for Patients** — Patients should be advised to report promptly unexplained muscle pain, tenderness, or weakness, particularly if accompanied by malaise or fever. **Drug Interactions** — The risk of myopathy during treatment with other drugs of this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, niacin (nicotinic acid), erythromycin, azole antifungals (see WARNINGS, Skeletal Muscle). ***Antacid:*** When atorvastatin and Maalox® TC suspension were coadministered, plasma concentrations of atorvastatin decreased approximately 35%. However, LDL-C reduction was not altered. ***Antipyrine:*** Because atorvastatin does not affect the pharmacokinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome isozymes are not expected. ***Colestipol:*** Plasma concentrations of atorvastatin decreased approximately 25% when colestipol and atorvastatin were coadministered. However, LDL-C reduction was greater when atorvastatin and colestipol were coadministered than when either drug was given alone. ***Cimetidine:*** Atorvastatin plasma concentrations and LDL-C reduction were not altered by coadministration of cimetidine. ***Digoxin:*** When multiple doses of atorvastatin and digoxin were coadministered, steady-state plasma digoxin concentrations increased by approximately 20%. Patients taking digoxin should be monitored appropriately. ***Erythromycin:*** In healthy individuals, plasma concentrations of atorvastatin increased approximately 40% with coadministration of atorvastatin and erythromycin, a known inhibitor of cytochrome P450 3A4 (see WARNINGS, Skeletal Muscle). ***Oral Contraceptives:*** Coadministration of atorvastatin and an oral contraceptive increased AUC values for norethindrone and ethinyl estradiol by approximately 30% and 20%. These increases should be considered when selecting an oral contraceptive for a woman taking atorvastatin. ***Warfarin:*** Atorvastatin had no clinically significant effect on prothrombin time when administered to patients receiving chronic warfarin treatment. **Endocrine Function** — HMG-CoA reductase inhibitors interfere with cholesterol synthesis and theoretically might blunt adrenal and/or gonadal steroid production. Clinical studies have shown that atorvastatin does not reduce basal plasma cortisol concentration or impair adrenal reserve. The effects of HMG-CoA reductase inhibitors on male fertility have not been studied in adequate numbers of patients. The effects, if any, on the pituitary-gonadal axis in premenopausal women are unknown. Caution should be exercised if an HMG-CoA reductase inhibitor is administered concomitantly with drugs that may decrease the levels or activity of endogenous steroid hormones, such as ketoconazole, spironolactone, and cimetidine. **CNS Toxicity** — Brain hemorrhage was seen in a female dog treated for 3 months at 120 mg/kg/day. Brain hemorrhage and optic nerve vacuolation were seen in another female dog that was sacrificed in moribund condition after 11 weeks of escalating doses up to 280 mg/kg/day. The 120 mg/kg dose resulted in a systemic exposure approximately 16 times the human plasma area-under-the-curve (AUC, 0-24 hours) based on the maximum human dose of 80 mg/day. A single tonic convulsion was seen in each of 2 male dogs (one treated at 10 mg/kg/day and one at 120 mg/kg/day) in a 2-year study. No CNS lesions have been observed in mice after chronic treatment for up to 2 years at doses up to 400 mg/kg/day or in rats at doses up to 100 mg/kg/day. These doses were 6 to 11 times (mouse) and 8 to 16 times (rat) the human AUC (0-24) based on the maximum recommended human dose of 80 mg/day. CNS vascular lesions, characterized by perivascular hemorrhages, edema, and mononuclear cell infiltration of perivascular spaces, have been observed in dogs treated with other members of this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion at a dose that produced plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility** — In a 2-year carcinogenicity study in rats at dose levels of 10, 30, and 100 mg/kg/day, 2 rare tumors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg oral dose. A 2-year carcinogenicity study in mice given 100, 200, or 400 mg/kg/day resulted in a significant increase in liver adenomas in high-dose males and liver carcinomas in high-dose females. These findings occurred at plasma AUC (0-24) values of approximately 6 times the mean human plasma drug exposure after an 80 mg oral dose. *In vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with *Salmonella typhimurium* and *Escherichia coli*, the HGPRT forward mutation assay in Chinese hamster lung cells, and the chromosomal aberration assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. Studies in rats performed at doses up to 175 mg/kg (15 times the human exposure) produced no changes in fertility.

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given 100 mg/kg/day for 11 weeks prior to mating had decreased sperm mobility, spermatid head concentration, and increased abnormal sperm. Atorvastatin caused no adverse effects on semen parameters, or reproductive organ histopathology in dogs given doses of 10, 40, or 120 mg/kg for two years. **Pregnancy — Pregnancy Category X: See CONTRAINDICATIONS.** Safety in pregnant women has not been established. Atorvastatin crosses the rat placenta and reaches a level in fetal liver equivalent to that of maternal plasma. Atorvastatin was not teratogenic in rats at doses up to 300 mg/kg/day or in rabbits at doses up to 100 mg/kg/day. These doses resulted in multiples of about 3 times (rat) or 20 times (rabbit) the human exposure based on surface area (mg/m²). In a study in rats given 20, 100, or 225 mg/kg/day, from gestation day 7 through to lactation day 21 (weaning), there was decreased pup survival at birth, neonate, weaning, and maturity in pups of mothers dosed with 225 mg/kg/day. Body weight was decreased on days 4 and 21 in pups of mothers dosed at 100 mg/kg/day; pup body weight was decreased at birth and at days 4, 21, and 91 at 225 mg/kg/day. Pup development was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day; pinnae detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times (100 mg/kg) and 22 times (225 mg/kg) the human AUC at 80 mg/day. Rare reports of congenital anomalies have been received following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and atresia (VATER association) in a baby born to a woman who took lovastatin with dextroamphetamine sulfate during the first trimester of pregnancy. LIPITOR should be administered to women of childbearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazards. If the woman becomes pregnant while taking LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fetus. **Nursing Mothers** — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, of those in their mother's milk. Because of the potential for adverse reactions in nursing infants, women taking LIPITOR should not breastfeed (see CONTRAINDICATIONS). **Pediatric Use** — Treatment experience in a pediatric population is limited to doses of LIPITOR up to 80 mg/day for 1 year in 8 patients with homozygous FH. No clinical or biochemical abnormalities were reported in these patients. None of these patients was below 9 years of age. **Geriatric Use** — Treatment experience in adults age ≥70 years with doses of LIPITOR up to 80 mg/day has been evaluated in 221 patients. The safety and efficacy of LIPITOR in this population were similar to those of patients <70 years of age.

ADVERSE REACTIONS: LIPITOR is generally well tolerated. Adverse reactions have usually been mild and transient. In controlled clinical studies of 2,502 patients, <2% of patients were discontinued due to adverse experiences attributable to atorvastatin. The most frequent adverse events thought to be related to atorvastatin were constipation, flatulence, dyspepsia, and abdominal pain. **Clinical Adverse Experiences** — Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin, regardless of causality assessment, are shown in the following table:

Adverse Events in Placebo-Controlled Studies (% of Patients)

BODY SYSTEM Adverse Event	Placebo N = 270	Atorvastatin 10 mg N = 863	Atorvastatin 20 mg N = 36	Atorvastatin 40 mg N = 79	Atorvastatin 80 mg N = 94
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7.4
Headache	7.0	5.4	16.7	2.5	6.4
Accidental Injury	3.7	4.2	0.0	1.3	3.2
Flu Syndrome	1.9	2.2	0.0	2.5	3.2
Abdominal Pain	0.7	2.8	0.0	3.8	2.1
Back Pain	3.0	2.8	0.0	3.8	1.1
Allergic Reaction	2.6	0.9	2.8	1.3	0.0
Asthenia	1.9	2.2	0.0	3.8	0.0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1.1
Diarrhea	1.5	2.7	0.0	3.8	5.3
Dyspepsia	4.1	2.3	2.8	1.3	2.1
Flatulence	3.3	2.1	2.8	1.3	1.1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	6.4
Pharyngitis	1.5	2.5	0.0	1.3	2.1
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1.1
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

The following adverse events were reported, regardless of causality assessment in patients treated with atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the events in plain type occurred in <2% of patients.

Body as a Whole: Chest pain, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalized edema. ***Digestive System:*** Nausea, gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundice. ***Respiratory System:*** Bronchitis, rhinitis, pneumonia, dyspnea, asthma, epistaxis. ***Nervous System:*** Insomnia, dizziness, paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hyperkinesia, depression, hypesthesia, hypertonia. ***Musculoskeletal System:*** Arthritis, leg cramps, bursitis, tenosynovitis, myasthenia, tendinous contracture, myositis. ***Skin and Appendages:*** Pruritus, contact dermatitis, alopecia, dry skin, sweating, acne, urticaria, eczema, seborrhea, skin ulcer. ***Urogenital System:*** Urinary tract infection, urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary incontinence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. ***Special Senses:*** Amblyopia, tinnitus, dry eyes, refraction disorder, eye hemorrhage, deafness, glaucoma, parosmia, taste loss, taste perversion. ***Cardiovascular System:*** Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. ***Metabolic and Nutritional Disorders:*** Peripheral edema, hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemia. ***Hemic and Lymphatic System:*** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia. ***Postintroduction Reports*** — Adverse events associated with LIPITOR therapy reported since market introduction, that are not listed above, regardless of causality assessment, include the following: anaphylaxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis), and rhabdomyolysis.

OVERDOSAGE: There is no specific treatment for atorvastatin overdosage. In the event of an overdose, the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

This summary provides important information about Lipitor. For more information, please ask your doctor, pharmacist or healthcare professional to provide the professional labeling and to discuss it with them.

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Just a simple box

Pure lines, inspiring craftsmanship, and the inherent notion of a simpler time make Shaker boxes—old or new—beloved collectibles.

Shaker religious communities of the 19th century made oval boxes of bent maple to store everything from thread to seeds.

To make the distinctive boxes, craftsmen bent thin maple strips—made pliable with steam or hot water—around a standard form and left them to dry. At the joint, cut "swallow tails" overlapped and were held in place with tiny copper tacks.

Box sizes range from 15 inches in length to miniatures that are less than 4 inches long. Variations on the plain oval include round shapes, boxes painted with decorative motifs (*above*), and boxes with handles.

Pantry and storage boxes were not exclusive to the Shakers, so it's possible to find a wide variety of similar utilitarian wares from the 19th century in today's marketplace. The popularity of the boxes has also led to numerous modern reproductions (*right*), which are more or less true in style to the originals.

Display a box by itself or several boxes stacked (*above*), or use a box as a pedestal for other objects.

AVAILABILITY

While some Shakers made only enough boxes for their own needs, communities in Maine, New Hampshire, and New York produced thousands for sale to the outside world.

AUTHENTICITY

Many surviving boxes have a natural finish, but the most highly prized, rarer examples are covered with a brilliant red or yellow wash. A true example will have flawless craftsmanship, swallow-tail joints, and copper tacks.

VALUE

Collectors pay high prices for genuine Shaker items. Prices range from $500 to several thousand dollars for a single box when its authenticity has been documented and when the box is a desirable color and size.



Made in the style of the originals, this new box (*above*) has the distinctive swallow-tail joint.

Surprisingly well-behaved considering
all the studs and leather.



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by Shawn Gilliam



Now You See It...

Now You Don't



Let's face reality: Glaring as the TV may be, it's a top focal point in the home. But even the most prominent placement can subtly tie in with your architecture. This maple peninsula-style cabinet is the first of two open-and-shut cases.

continued on page 58

Don't let seasonal allergy symptoms wear you down

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ase see additional important information on back.

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ALG-JA-1230-1

Brief Summary of Prescribing Information as of November 2000

ALLEGRA®
(fexofenadine hydrochloride)
Capsules and Tablets

INDICATIONS AND USAGE
Seasonal Allergic Rhinitis
ALLEGRA is indicated for the relief of symptoms associated with seasonal allergic rhinitis in adults and children 6 years of age and older. Symptoms treated effectively were sneezing, rhinorrhea, itchy nose/palate/throat, itchy/watery/red eyes.
Chronic Idiopathic Urticaria
ALLEGRA is indicated for treatment of uncomplicated skin manifestations of chronic idiopathic urticaria in adults and children 6 years of age and older. It significantly reduces pruritus and the number of wheals.

CONTRAINDICATIONS
ALLEGRA is contraindicated in patients with known hypersensitivity to any of its ingredients.

PRECAUTIONS
Drug Interaction with Erythromycin and Ketoconazole
Fexofenadine hydrochloride has been shown to exhibit minimal (≤ 5%) metabolism. However, co-administration of fexofenadine hydrochloride with ketoconazole and erythromycin led to increased plasma levels of fexofenadine hydrochloride. Fexofenadine hydrochloride had no effect on the pharmacokinetics of erythromycin and ketoconazole. In two separate studies, fexofenadine hydrochloride 120 mg twice daily (two times the recommended twice daily dose) was co-administered with erythromycin 500 mg every 8 hours or ketoconazole 400 mg once daily under steady-state conditions to normal, healthy volunteers (n=24, each study). No differences in adverse events or QT, interval were observed when patients were administered fexofenadine hydrochloride alone or in combination with erythromycin or ketoconazole. The findings of these studies are summarized in the following table:

Effects on steady-state fexofenadine hydrochloride pharmacokinetics after 7 days of co-administration with fexofenadine hydrochloride 120 mg every 12 hours (two times the recommended twice daily dose) in normal volunteers (n=24)

Concomitant Drug	C_{maxSS} *(Peak plasma concentration)*	$AUC_{SS(0\text{-}12h)}$ *(Extent of systemic exposure)*
Erythromycin (500 mg every 8 hrs)	+82%	+109%
Ketoconazole (400 mg once daily)	+135%	+164%

The changes in plasma levels were within the range of plasma levels achieved in adequate and well-controlled clinical trials.
The mechanism of these interactions has been evaluated in *in vitro*, *in situ*, and *in vivo* animal models. These studies indicate that ketoconazole or erythromycin co-administration enhances fexofenadine gastrointestinal absorption. *In vivo* animal studies also suggest that in addition to increasing absorption, ketoconazole decreases fexofenadine hydrochloride gastrointestinal secretion, while erythromycin may also decrease biliary excretion.
Drug Interactions with Antacids
Administration of 120 mg of fexofenadine hydrochloride (2 x 60 mg capsules) within 15 minutes of an aluminum and magnesium containing antacid (Maalox®) decreased fexofenadine AUC by 41% and C_{max} by 43%. ALLEGRA should not be taken closely in time with aluminum and magnesium containing antacids.
Carcinogenesis, Mutagenesis, Impairment of Fertility
The carcinogenic potential and reproductive toxicity of fexofenadine hydrochloride were assessed using terfenadine studies with adequate fexofenadine hydrochloride exposure (based on plasma area-under-the-concentration vs. time [AUC] values). No evidence of carcinogenicity was observed in an 18-month study in mice and in a 24-month study in rats at oral doses up to 150 mg/kg of terfenadine (which led to fexofenadine exposures that were respectively approximately 3 and 5 times the exposure from the maximum recommended daily oral dose of fexofenadine hydrochloride in adults and children).
In *in vitro* (Bacterial Reverse Mutation, CHO/HGPRT Forward Mutation, and Rat Lymphocyte Chromosomal Aberration assays) and *in vivo* (Mouse Bone Marrow Micronucleus assay) tests, fexofenadine hydrochloride revealed no evidence of mutagenicity.
In rat fertility studies, dose-related reductions in implants and increases in postimplantation losses were observed at an oral dose of 150 mg/kg of terfenadine (which led to fexofenadine hydrochloride exposures that were approximately 3 times the exposure of the maximum recommended daily oral dose of fexofenadine hydrochloride in adults).
Pregnancy
Teratogenic Effects: Category C. There was no evidence of teratogenicity in rats or rabbits at oral doses of terfenadine up to 300 mg/kg (which led to fexofenadine exposures that were approximately 4 and 31 times, respectively, the exposure from the maximum recommended daily oral dose of fexofenadine in adults). There are no adequate and well-controlled studies in pregnant women. Fexofenadine should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects. Dose-related decreases in pup weight gain and survival were observed in rats exposed to an oral dose of 150 mg/kg of terfenadine (approximately 3 times the maximum recommended daily oral dose of fexofenadine hydrochloride in adults based on comparison of fexofenadine hydrochloride AUCs).
Nursing Mothers
There are no adequate and well-controlled studies in women during lactation. Because many drugs are excreted in human milk, caution should be exercised when fexofenadine hydrochloride is administered to a nursing woman.
Pediatric Use
The recommended dose in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adults and pediatric patients and on the safety profile of fexofenadine hydrochloride in both adult and pediatric patients at doses equal to or higher than the recommended doses.
The safety of ALLEGRA tablets at a dose of 30 mg twice daily has been demonstrated in 438 pediatric patients 6 to 11 years of age in two placebo-controlled 2-week seasonal allergic rhinitis trials. The safety of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on cross-study comparison of the pharmacokinetics of ALLEGRA in adult and pediatric patients and on the safety profile of fexofenadine in both adult and pediatric patients at doses equal to or higher than the recommended dose.
The effectiveness of ALLEGRA for the treatment of seasonal allergic rhinitis in patients 6 to 11 years of age was demonstrated in one trial (n=411) in which ALLEGRA tablets 30 mg twice daily significantly reduced total symptom scores compared to placebo, along with extrapolation of demonstrated efficacy in patients ages 12 years and above, and the pharmacokinetic comparisons in adults and children. The effectiveness of ALLEGRA for the treatment of chronic idiopathic urticaria in patients 6 to 11 years of age is based on an extrapolation of the demonstrated efficacy of ALLEGRA in adults with this condition and the likelihood that the disease course, pathophysiology and the drug's effect are substantially similar in children to that of adult patients.
The safety and effectiveness of ALLEGRA in pediatric patients under 6 years of age have not been established.
Geriatric Use
Clinical studies of ALLEGRA tablets and capsules did not include sufficient numbers of subjects aged 65 years and over to determine whether this population responds differently from younger patients. Other reported clinical experience has not identified differences in responses between the geriatric and younger patients. This drug is known to be substantially excreted by the kidney, and the risk of toxic reactions to this drug may be greater in patients with impaired renal function. Because elderly patients are more likely to have decreased renal function, care should be taken in dose selection, and may be useful to monitor renal function. (See CLINICAL PHARMACOLOGY)

ADVERSE REACTIONS
Seasonal Allergic Rhinitis
Adults. In placebo-controlled seasonal allergic rhinitis clinical trials in patients 12 years of age and older, which included 2461 patients receiving fexofenadine hydrochloride capsules at doses of 20 mg to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. All adverse events that were reported by greater than 1% of patients who received the recommended daily dose of fexofenadine hydrochloride (60 mg capsules twice daily), and that were more common with fexofenadine hydrochloride than placebo, are listed in Table 1.
In a placebo-controlled clinical study in the United States, which included 570 patients aged 12 years and older receiving fexofenadine hydrochloride tablets at doses of 120 or 180 mg once daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 1 also lists adverse experiences that were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at doses of 180 mg once daily and that were more common with fexofenadine hydrochloride than placebo. The incidence of adverse events, including drowsiness, was not dose-related and was similar across subgroups defined by age, gender, and race.

Table 1
Adverse experiences in patients ages 12 years and older reported in placebo-controlled seasonal allergic rhinitis clinical trials in the United States
Twice daily dosing with fexofenadine capsules at rates of greater than 1%

Adverse experience	*Fexofenadine 60 mg Twice Daily (n=679)*	*Placebo Twice Daily (n=671)*
Viral Infection (cold, flu)	2.5%	1.5%
Nausea	1.6%	1.5%
Dysmenorrhea	1.5%	0.3%
Drowsiness	1.3%	0.9%
Dyspepsia	1.3%	0.6%
Fatigue	1.3%	0.9%

Once daily dosing with fexofenadine hydrochloride tablets at rates of greater than 2%

Adverse experience	*Fexofenadine 180 mg once daily (n=283)*	*Placebo (n=293)*
Headache	10.6%	7.5%
Upper Respiratory Tract Infection	3.2%	3.1%
Back Pain	2.8%	1.4%

The frequency and magnitude of laboratory abnormalities were similar in fexofenadine hydrochloride and placebo-treated patients.
Pediatric. Table 2 lists adverse experiences in patients aged 6 to 11 years of age which were reported by greater than 2% of patients treated with fexofenadine hydrochloride tablets at a dose of 30 mg twice daily in placebo-controlled seasonal allergic rhinitis studies in the United States and Canada that were more common with fexofenadine hydrochloride than placebo.

Table 2
Adverse experiences reported in placebo-controlled seasonal allergic rhinitis studies in pediatric patients ages 6 to 11 in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 30 mg twice daily (n=209)*	*Placebo (n=229)*
Headache	7.2%	6.6%
Accidental Injury	2.9%	1.3%
Coughing	3.8%	1.3%
Fever	2.4%	0.9%
Pain	2.4%	0.4%
Otitis Media	2.4%	0.0%
Upper Respiratory Tract Infection	4.3%	1.7%

Chronic Idiopathic Urticaria
Adverse events reported by patients 12 years of age and older in placebo-controlled chronic idiopathic urticaria studies were similar to those reported in placebo-controlled seasonal allergic rhinitis studies. In placebo-controlled chronic idiopathic urticaria clinical trials, which included 726 patients 12 years of age and older receiving fexofenadine hydrochloride tablets at doses of 20 to 240 mg twice daily, adverse events were similar in fexofenadine hydrochloride and placebo-treated patients. Table 3 lists adverse experiences in patients aged 12 years and older which were reported by greater than 2% of patients treated with fexofenadine hydrochloride 60 mg tablets twice daily in controlled clinical studies in the United States and Canada and that were more common with fexofenadine hydrochloride than placebo. The safety of fexofenadine hydrochloride in the treatment of chronic idiopathic urticaria in pediatric patients 6 to 11 years of age is based on the safety profile of fexofenadine hydrochloride in adults and adolescent patients at doses equal to or higher than the recommended dose (see Pediatric Use).

Table 3
Adverse experiences reported in patients 12 years and older in placebo-controlled chronic idiopathic urticaria studies in the United States and Canada at rates of greater than 2%

Adverse experience	*Fexofenadine 60 mg twice daily (n=186)*	*Placebo (n=178)*
Back Pain	2.2%	1.1%
Sinusitis	2.2%	1.1%
Dizziness	2.2%	0.6%
Drowsiness	2.2%	0.0%

Events that have been reported during controlled clinical trials involving seasonal allergic rhinitis and chronic idiopathic urticaria patients with incidences less than 1% and similar to placebo and have been rarely reported during postmarketing surveillance include insomnia, nervousness, and sleep disorders or paronia. In rare cases, rash, urticaria, pruritus and hypersensitivity reactions with manifestations such as angioedema, chest tightness, dyspnea, flushing and systemic anaphylaxis have been reported.

OVERDOSAGE
Reports of fexofenadine hydrochloride overdose have been infrequent and contain limited information. However, dizziness, drowsiness, and dry mouth have been reported. Single doses of fexofenadine hydrochloride up to 800 mg (six normal volunteers at this dose level), and doses up to 690 mg twice daily for 1 month (three normal volunteers at this dose level) or 240 mg once daily for 1 year (234 normal volunteers at this dose level) were administered without the development of clinically significant adverse events as compared to placebo.
In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended.
Hemodialysis did not effectively remove fexofenadine hydrochloride from blood (17% removed) following terfenadine administration.
No deaths occurred at oral doses of fexofenadine hydrochloride up to 5000 mg/kg in mice (110 times the maximum recommended daily oral dose in adults and 200 times the maximum recommended daily oral dose in children based on mg/m²) and up to 5000 mg/kg in rats (230 times the maximum recommended daily oral dose in adults and 400 times the maximum recommended daily oral dose in children based on mg/m²). Additionally, no clinical signs of toxicity or gross pathological findings were observed. In dogs, no evidence of toxicity was observed at oral doses up to 2000 mg/kg (300 times the maximum recommended daily oral dose in adults and 530 times the maximum recommended daily oral dose in children based on mg/m²).

Prescribing Information as of November 2000

Aventis Pharmaceuticals Inc
Kansas City, MO 64137 USA

US Patents 4,254,129; 5,375,693; 5,578,610

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allb1100Aa

ALG-JA-1230-I

Now You See It...Now You Don't

continued from page 56

Light-colored surfaces and simple furnishings create a relaxing atmosphere in Ray Dittamore's San Diego beach home. So the last thing he wanted was a big-screen TV and a mess of electrical wires and cords invading the calm. With help from interior designer Holly Lorah, he incorporated two sets of electronic equipment into his home design. The family room TV (see *page 56*) sits





The TV stand/chest of drawers (*left*) takes up half of the closet (*above*), keeping the room free of clutter.

behind pocket doors in a maple cabinet. And the bedroom's 21-inch set (*left*) hides away in a mirror-faced, sliding-door closet (*above*).

The bedroom scheme puts the closet to efficient use, incorporating a pull-out TV shelf, a niche beneath for a small stereo, and a drawer for compact discs. The rest of the drawers store folded clothes. Hanging items still have a home on a rod to the right of the built-in. But what's most impressive is how the design works for the rest of the room: The TV's placement is within clear view of the bed and saves floor space by not requiring a separate stand.

Buying information, page 251

PLANNING A TV HIDEAWAY

Once you choose a spot that ensures the TV is within comfortable view, keep these additional points in mind:

- Consider pocket doors that slide back into the cabinet and out of the way (as shown in the example on *page 56*).
- Match measurements for the cabinet to the electronics.
- Incorporate a 2-inch-diameter hole in an out-of-sight area that allows cords and wires to reach the necessary outlets. Or, if possible, plan an outlet within the unit.
- Provide the electronics with adequate ventilation. Don't crowd items, and keep cabinet doors open when the TV and stereo are on.



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oh là là

Purple velvet and gold leafing make for a luscious mix on a Louis-style chair. Kim bought the chair at a local auction, then had it painted and reupholstered. The look? Liberace meets the Paris flea market.

Call it French. Call it Glam. Even Kim Salmela's not sure what to call her style, which mixes Lucite tables with "Louis the Hotel" gilded chairs and crystal chandeliers with Chinese lanterns. "It's a global eclectic mix," she says. But you won't need a passport to bring home this ultra-feminine look. Follow Kim's advice, and our shopping tips, to chart your own exotic course.

continued on page 64



It has a spinning head and stationary bristles to outclean an ordinary manual toothbrush. And now its head is replaceable. Guaranteed superior cleaning for under $6. Now that's a positive spin.

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A better spin on clean.



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Kim kept the kitchen accessories minimal—a few paper lanterns, a collection of tea canisters—so the Chinese red walls could shine (*left*). A crystal chandelier that belonged to Steve's grandmother and iridescent sari drapes add sparkle in the dining room (*below*).

Oh là là continued from page 64

- Choose one drop-dead piece and build your look around it. For Kim, it was the Liberace-style living room chairs. For you, perhaps a killer rug.
- Make lots of pillows. Recently, she found a 1970s silk skirt at an L.A. consignment shop. "It was just hideous. But the colors popped, and it was $10. After I cut it open, I got a yard of fabric."

Kim's home, an outwardly ordinary cottage she shares with husband Steve Pettit, is her design laboratory. A management consultant, Steve is Eddie Albert to her Eva Gabor. "One of his vows to me when we got married was that he would live with leopard carpeting and purple walls, as long as he had one corner of the house to himself," Kim says. He got his wish—a comfortable chair in his own private den. "I can be very small here," he jokes. "It's out of the way."

A wise policy, considering Kim often does several things at once, like talking on the cell phone while eating a hamburger while sketching an idea for a lampshade.

continued on page 68



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Oh là là

continued from page 68

Layers are key to Kim's look. Piles of pillows fill the guest room's bed (*right*), discovered in a Paris flea market. At the window (*left*), Kim draped a scarf over two shades of pink sheers.



Even Kim's furnishings do double duty. Beaded purses become vases by tucking jars inside, or purses might serve as wall hangings. The sari fabric at her dining room windows was to have been part of her wedding dress, but the material was too pretty to cut.

Of course, the danger with this type of eclectic decorating is going over the top, creating rooms that feel more like stage sets than places where real people eat, sleep, and

A beautiful, healthy coat.
And plenty of energy to show it off.
You always knew it was the *perfect* balance of nutrients, didn't you?



On the dining room walls (*left*), Kim gilded the woodwork and painted freehand designs to match the sari drapes. Beaded bottles (*right*) are sold at Belle Epoque.



watch TV. Trust your eye and aim for a balance, Kim says. If you use a strong color on the walls, go easy on accessories.

While some might call her style excessively flamboyant, Kim likes to think of herself as a Midwestern gal with flare.

"I had a friend look at me one day and he's like, 'Do you ever wear anything normal?' My first reaction was to defend myself and be like, 'Yes.' And then I stopped and thought about it. Why would anyone want to be normal?"

continued on page 70



 continued from page 69

Bringing it home

If you don't have the time or cash to jet over to Paris this weekend, you can find elements of Kim's French Glam style as close as a shopping mall, catalog, or the World Wide Web. Also haunt Asian and Indian markets for exotic fabrics and accessories.

1. A **crystal chandelier** is the ultimate in girly glamour. From Ballard Designs (800/367-2810 or www.ballarddesigns.com).
2. **Sari silks** add a bohemian touch, remade as curtains and pillows. Both by MU/H from Worldware (415/487-9030).
3. What better way to express your love for the City of Lights? **Eiffel Tower lamp** from Target (800/800-8800).
4. Curvy, neutral-colored **velvet upholstery** is a subtle backdrop for flashier accessories. Chair from Retrospect (800/301-9720).



To learn more about this style:

- Herbert J. Ypma's *Paris Flea Market* tours some of the city's sumptuous interiors. But while a catacomb under the Palais Royal may not be your idea of home-sweet-home, the French passion for "found objects" will ring a bell with junk-store junkies.
- In *The Paris Apartment: Romantic Decor on a Flea-Market Budget*, Claudia Strasser dispels the notion of a single French style. Every abode begins with a personal fantasy, she says, be it a Moorish palace, Left Bank cabaret, or Victorian parlor.

Buying information, page 251



s your allergy medicine approved to treat both your indoor and outdoor allergies?

If not, talk to your doctor about switching to Zyrtec.

To learn more, visit **www.zyrtec.com.**

Why take an allergy medicine that's only approved for some of your allergies? Among leading prescription antihistamines, only Zyrtec® (cetirizine HCl) is FDA-approved to treat both year-round indoor allergies like pet dander and dust, and outdoor allergies like tree and grass pollens.

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cetirizine HCl

Lots of allergies. Just one Zyrtec.™

ease see important information about Zyrtec 5-mg and 10-mg tablets and 1-mg/mL syrup on the adjacent page.

PATIENT SUMMARY OF INFORMATION ABOUT

ZYRTEC®

cetirizine hydrochloride

(Zur'-tek) (se-teer-i-zeen) (hī-drō-klōr-īd)

This summary contains important information about ZYRTEC. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking ZYRTEC. Each time you fill your prescription, be sure to read the summary that comes with it. It could contain new information. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about ZYRTEC.

➢ What Is ZYRTEC?

ZYRTEC is a prescription medicine for certain types of allergies in adults and children age 2 years and older. It is an antihistamine and is available as a tablet or syrup.

When you have allergies, your body releases a natural chemical called histamine that causes the sneezing, runny nose, hives, and other symptoms of allergies. ZYRTEC helps block histamine from causing these symptoms. ZYRTEC treats:

Seasonal allergies ("outdoor allergies")
During certain times of the year, there may be high levels of pollens in the air from ragweed, grass and trees. A person allergic to any of these may develop sneezing; itchy, runny nose; and red, itchy watery eyes.

Perennial allergies ("indoor allergies")
All year long, things such as dust mites, animal dander, and molds are in the air. A person allergic to any of these may have symptoms every day such as sneezing; itchy, runny nose; postnasal drip (dripping from the nose down the back of the throat); and red, itchy eyes and tearing.

Continuing (chronic) hives
Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. ZYRTEC helps relieve the itching of these hives and shortens the length of time they last.

➢ What Should I Tell My Doctor Before Taking ZYRTEC?

Only your doctor can decide if ZYRTEC is right for you. Before you start ZYRTEC, be sure to tell your doctor if you:

- are taking **any** prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

➢ Who Should Not Take ZYRTEC?

People who have ever had an allergic reaction to cetirizine or any of the ingredients in ZYRTEC, or to the medicine hydroxyzine (also called Atarax®*) should not take ZYRTEC. Your doctor or pharmacist can give you a list of these ingredients.

➢ ZYRTEC And Other Medicines

Some medicines can affect how well ZYRTEC works. While on ZYRTEC, check with your doctor or pharmacist before starting any new prescription or any medicines you can buy without a prescription, including natural/herbal remedies.

➢ How Do I Take ZYRTEC?

ZYRTEC comes as tablets (5 mg or 10 mg) as well as a syrup (5 mg/teaspoon). ZYRTEC can be taken with or without food at any time of the day. Your doctor will prescribe the dose that is right for you.

ZYRTEC Tablets
Adults and Children 12 Years and Older: Take ZYRTEC once a day.

ZYRTEC Syrup
Use a medicine spoon to measure the exact dose of ZYRTEC syrup prescribed by your doctor.
Children 6 to 11 Years: Give ZYRTEC syrup once a day.
Children 2 to 5 Years: Depending on your child's condition, the doctor may want you to give the child the full dose once a day or half the dose twice a day. Follow your doctor's instructions.

➢ What Are The Possible Side Effects?

Like all medicines, ZYRTEC may cause some side effects. These effects are usually mild to moderate. The most common side effects in adults and children 12 years and older are:

- feeling tired or sleepy
- dizziness
- dry mouth
- sore throat

Children under the age of 12 years may have side effects such as headache, sleepiness, sore throat or stomachache.

ZYRTEC may cause other less common side effects besides those listed here. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

CAUTION: Some people may feel sleepy when taking ZYRTEC. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking ZYRTEC.

➢ What To Do For An Overdose?

In case of accidental overdose, call your doctor or poison control center right away or go to the nearest emergency room.

➢ How Should I Store ZYRTEC?

Store ZYRTEC tablets in a dry place and in the original container. Store at room temperature (59°-86°F or 15°-30°C). ZYRTEC syrup can be kept in the refrigerator or at room temperature (41°-86°F or 5°-30°C). Keep ZYRTEC and all medicines out of the reach of children.

➢ For More Information About ZYRTEC

This sheet is only a summary. If you have any questions or want more information about ZYRTEC, talk with your doctor, healthcare provider or pharmacist. You can also visit the ZYRTEC Internet site at **www.zyrtec.com** or call 1-888-244-7354.

➢ General Advice About Prescription Medicines

Do not use ZYRTEC for a condition for which it was not prescribed. Only a doctor can prescribe ZYRTEC. Do not share your ZYRTEC with other people.

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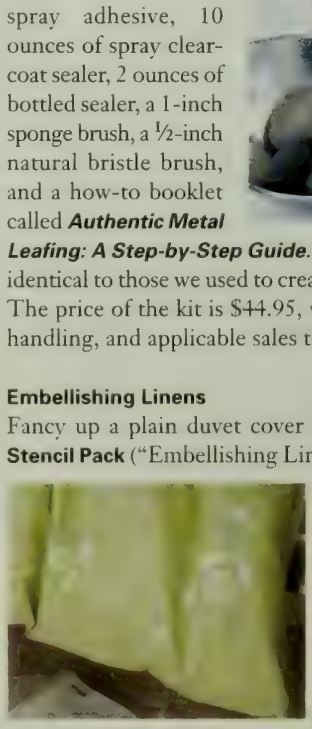
Do-It-Yourself Decorating

Try your hand at adding a touch of silver (from "Leafing," *pages 40–46*) with our complete, easy-to-use **Silver Leafing Kit.** Assembled especially for readers of *Better Homes and Gardens®* magazine by Houston Art, Inc., each kit contains: silver leafing material sufficient to cover 10 square feet, 2 ounces of bottled adhesive, 6 ounces of spray adhesive, 10 ounces of spray clear-coat sealer, 2 ounces of bottled sealer, a 1-inch sponge brush, a ½-inch natural bristle brush, and a how-to booklet called ***Authentic Metal Leafing: A Step-by-Step Guide.*** All of these products are identical to those we used to create the pieces in this story. The price of the kit is $~~44~~.95, which includes shipping, handling, and applicable sales tax. Order below.



Embellishing Linens

Fancy up a plain duvet cover with our **Floral Garland Stencil Pack** ("Embellishing Linens and More," *page 30*). This set of two stencils was created exclusively for us by Designer Stencils. The rosebud design (*left*) is about 10½ inches long; an old-fashioned shrub rose design is about 13 inches long. The price for the set of two stencils is $24.95, which includes shipping, handling, and tax. Order below. ⌂



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New for spring 2002 from *Better Homes and Gardens*® Books, ***Color Solutions*** takes a problem-solving approach to changing the look and feel of your rooms. Color selection is broken down to 10 basic questions, with a chapter devoted to answering each question. The 168-page hardcover book features numerous before-and-after photos. Cost is $36.95, which includes shipping, handling, and applicable sales tax. Shipments begin April 1, 2002.

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Ceilings are often the most forgotten element in a room's decor. But don't give your fifth wall the status of a fifth wheel. Use paint, moldings, and wallpaper borders to dress up ceilings in style.

Decorating looks up



When white isn't right

To create drama in an evening space, such as a dining room or master bedroom, consider a ceiling that's dark or shiny. Metallic paint (shown here in silver) dramatically reflects light in a way that even high-gloss paint cannot. Draw attention to the ceiling color with a double molding: Mount a narrower molding 2 inches below crown molding. (Both are available in stock sizes at home stores.) Then paint the wall space metallic so the crown molding appears to be floating.

continued on page 76

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continued from page 74

Out of the clear blue

Painting ceilings blue—the color of the sky—is a time-honored tradition, especially in hot climates where a cooling effect is desired. Here, the blue ceiling is contrasted by cloud-white **crown molding and a focal-point medallion**. The classic combination brings to mind Jasperware china and would suit a slightly formal setting, such as a dining room or foyer.

Elaborate architectural detailing looks best when it is in contrast with the ceiling and wall colors. White moldings recede; dark moldings call attention to the room's borders. To maximize contrast, these moldings are installed over a ceiling color that is slightly darker than the walls.

When choosing a **ceiling and wall color combination**, be aware of the different ways light plays on vertical and horizontal surfaces. These two blues are only one shade apart, but rules of reflection make the walls seem lighter and the ceiling darker than they actually are.

continued on page 78



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continued from page 76



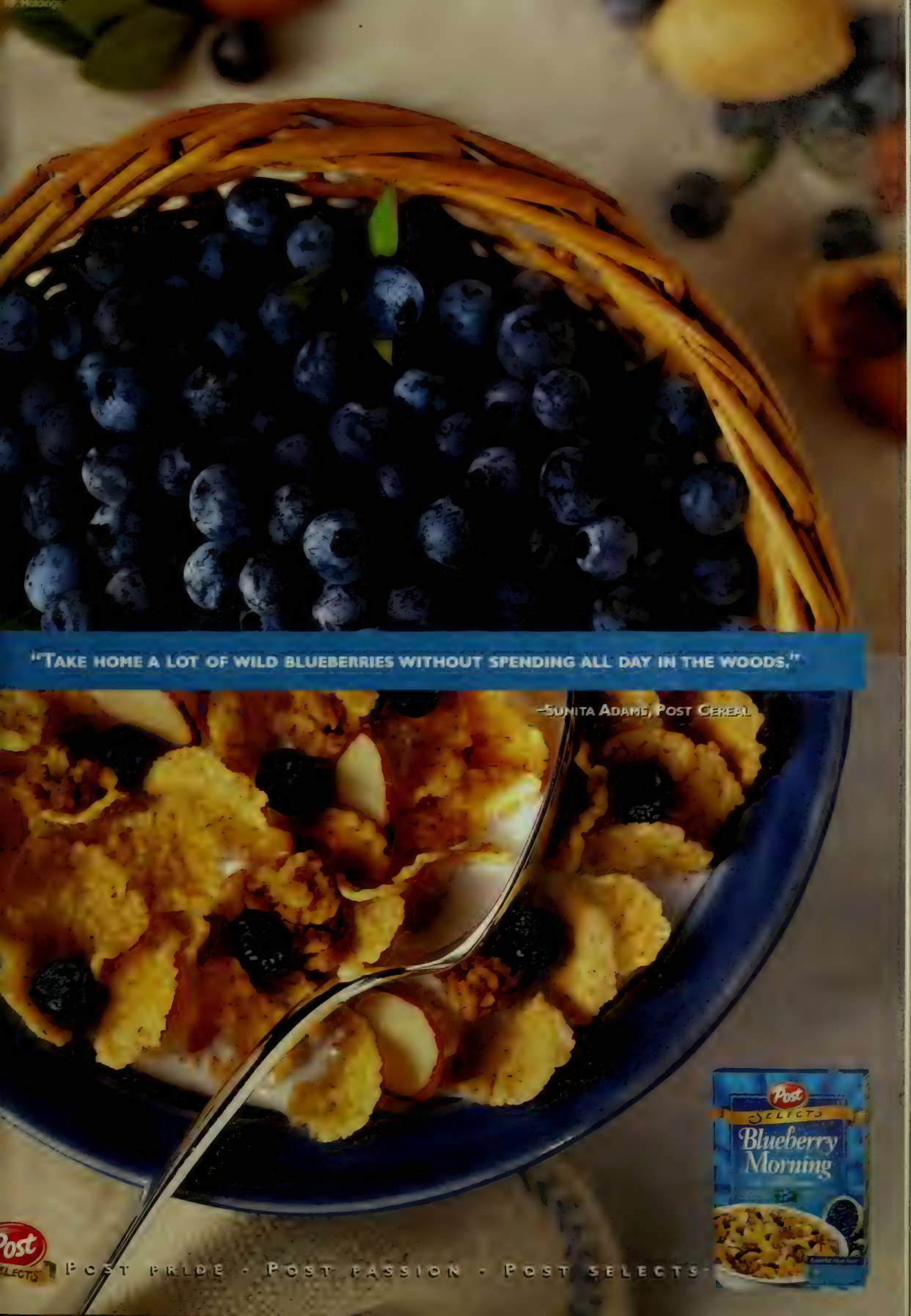
The fifth dimension

Long used as a structural and decorative device in the garden, latticework can add new dimension to a flat ceiling. The graphic look of this **12-inch grid** would complement a modern decorating style, although a traditional room also could benefit from the historic design.

The lattice is made from furring strips screwed to the ceiling. Paint the strips before installation, then touch up seams and nail holes. **Two furring strips** butted together at a 90-degree angle around the ceiling's perimeter create a faux-coffered look.

In this case, we've painted the ceiling a paler blue than the walls to minimize contrast with the moldings. Because light colors recede in bright light, the room will appear taller during the day. At night in dim light, a light-colored ceiling appears to close in, creating a cozier feeling.

continued on page 80


"TAKE HOME A LOT OF WILD BLUEBERRIES WITHOUT SPENDING ALL DAY IN THE WOODS."
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continued from page 78



Borders break boundaries

Take the "wall" out of "wallpaper borders" and you have a novel way to spotlight your ceiling. A wide border featuring an intricate pattern draws the eye up and gives the ceiling a sense of grandeur.

Our three-part border is actually a **single strip of embossed paper,** making installation a breeze. The classic leaf pattern in the center and the architectural references along the edges blend well with the simple crown molding. The two-tone color scheme keeps the overall effect from being too busy. For a seamless look, take your wallpaper border to the paint store and ask them to custom-match colors for the ceiling and for the **crown molding**.

You don't need substantial crown moldings to pull off this look; a border is an ideal way to beef up skimpy moldings. If you have no molding, fake it by installing a second border around the top of the wall. The wall border should be narrower than the ceiling border and have a plainer design so as not to compete visually.

Buying information, page 251

For more wall and ceiling projects, visit www.bhg.com/borders



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Enamelware

Cooks in the 18th and 19th centuries were frustrated by their cookware options: Iron vessels were difficult to clean and rusted easily, and porcelain could not withstand high temperatures. Fortunately, someone thought to try enameling, a centuries-old technique that fuses a colorful glasslike coating to metal, to make iron and lighter sheet-metal vessels durable and attractive. Today, vintage "enamelware" brings charm to shelves in kitchens and baths.

American collectors are most familiar with the "Granite Ware" or "Agate Ware" trade names, which advertised durability. Some enameled surfaces are actually speckled like gray granite, but sought-after pieces are covered with green or cobalt-and-white marbleizing (*above*). (These bright colors helped sell the cookware.)

In recent years, vintage European enamelware has been piquing interest. These brilliant pieces are recognized by their swirling patterns—sometimes in such stunning colors as red, yellow, and black—cottage floral decorations, and Art Deco geometric designs.

Enamelware hasn't been produced much since the 1940s, because of the development of aluminum, heatproof glass, and plastics. Recently, however, French manufacturers have found a new market among gourmets for heavy enameled cookware. Collectors can cook with these new pots while decorating with their vintage pieces.

ORIGINS

Egyptian pharaohs wore enameled jewelry, and the process was used to decorate metallic objects with color throughout the Middle Ages and Renaissance in Western Europe. In the Far East, the Chinese have made intricate cloisonné enamel vases from the 14th century to the present day.

CONDITION

Enameled wares are durable, but do chip or crack from hard use. Collectors will accept imperfections on hard-to-find pieces. Expect some wear as a sign of true age, but avoid pieces with notable damage to the pattern. Rust can also be a problem when chipping has exposed the metal.

VALUE

Prices range from $25 for a simple mug to $500 or more for canister sets. Missing parts—lids, handles, and other removable sections—lower the value.

CHARACTERISTICS

Shapes range from basic cookware—coffeepots, pitchers, handled pans, and bakers—to decorative accessories, such as canisters, towel racks, ladle sets, and candlesticks. Color selections include simple banded white or cream (*below*); vivid orange, red, and yellow; and positively psychedelic swirl combinations.



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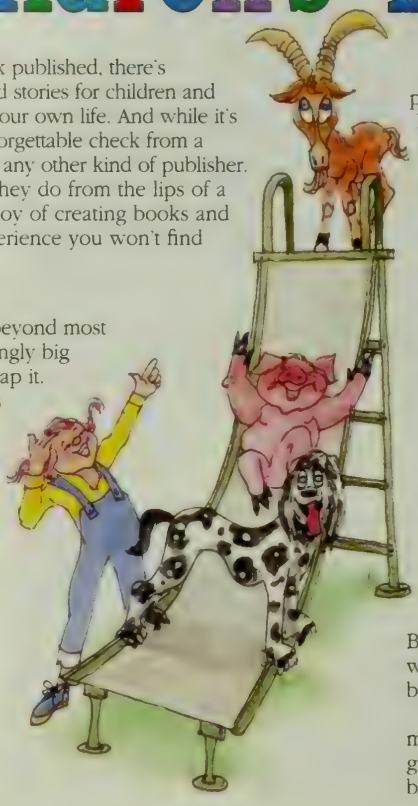
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"I was attracted by the fact that you require an aptitude test," says Nikki Arko, Raton, NM. "Other schools sign you up as long as you have the money to pay, regardless of talent or potential."

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"The course has helped me more than I can say," writes Jody Drueding, Boston, MA. "It's as if a little bird that was locked up inside of me has just been given the freedom of the garden."

Romy Squeri, Havertown, PA, says, "I met two of your students in my critique group and realized that they were the best writers there."

"I'd take the course again in a heartbeat!"

"I'd take the course again in a heartbeat," says Tonya Tingey, Woodruff, UT. "It made my dream a reality."

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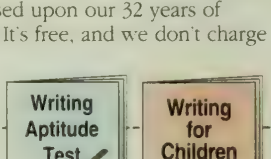
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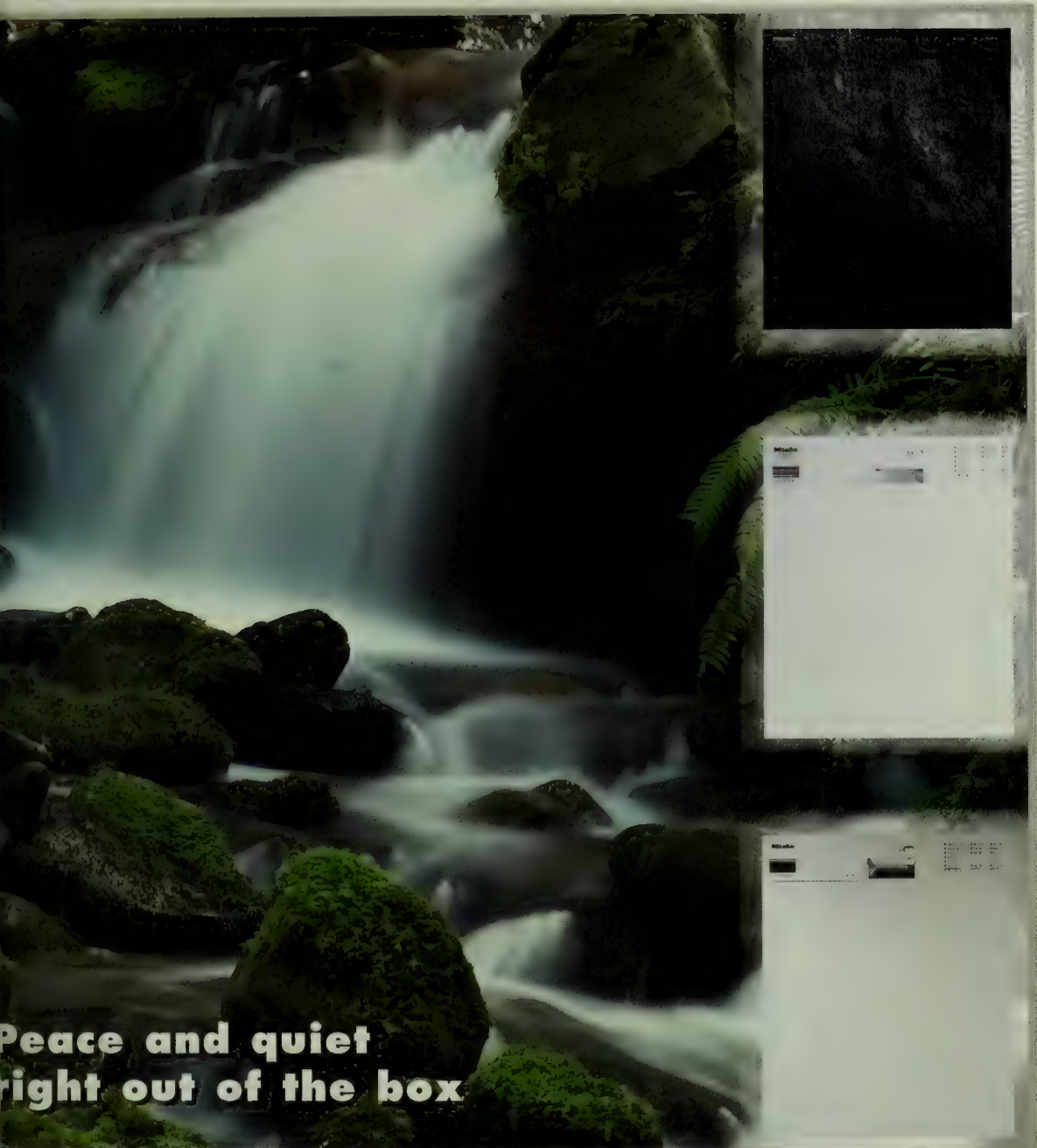
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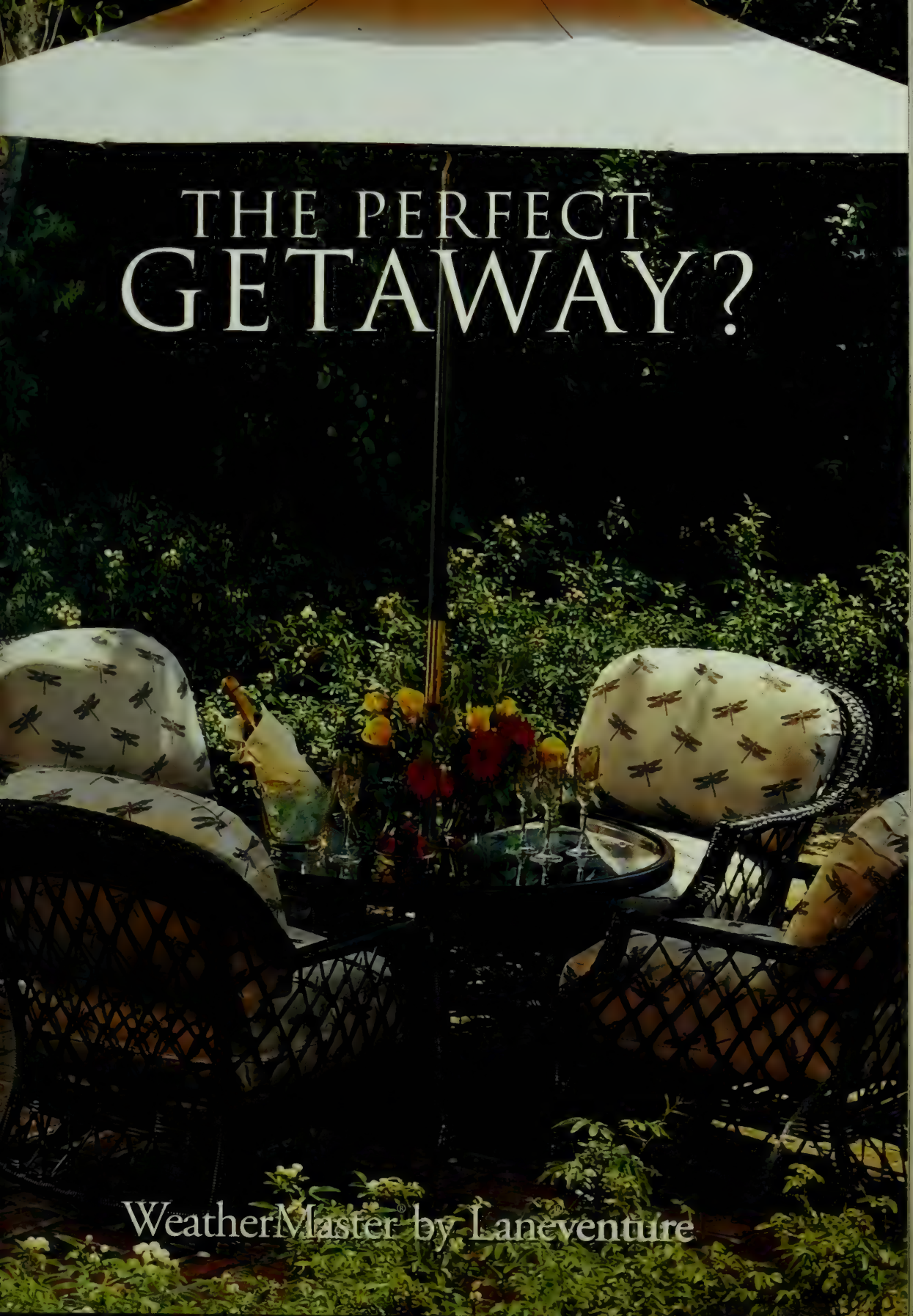
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Fresh flowers aren't reserved for photo shoots: Nita takes advantage of her proximity to the downtown farmer's market, and brings back bouquets each Saturday.

Nita worked closely with the builders to shape the kitchen. The arched niche—her idea—encloses an up-to-the-minute stove, but looks akin to an open hearth in a centuries-old Tuscan farmhouse. Because the kitchen is visible from the dining and living areas, its design includes a mantel-style shelf for displaying objects above the niche. The shelf's tall height, and the large scale of the objects displayed upon it, stretch toward the soaring ceiling as a link to keep the space in balance.

continued on page Z9


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continued from page Z8

IS LOFT LIVING FOR YOU?

Today's 50-somethings are a feisty brood, says Nita. "We're retiring earlier or our jobs allow us to stay home. With all this energy, we don't want to fade out. We want to jump-start our lives again—do something different."

For some empty-nesters, this means moving out of the suburbs. According to trend watchers, members of the so-called "baby boom" head downtown to be close to children who are living the city life, to shed home and lawn maintenance, or to eliminate the commute to work or entertainment—sports complexes, music halls, and theaters are within blocks instead of miles.

Loft living is the ticket. "It's about change—getting out of sameness. It's finding your peer group again, after having had one that revolved around raising the kids," Nita says. Her practical, real-life checklist will help you decide if it's right for you. Downtown, for better or worse, is about:

- Theater and "funky little places to eat."
- Politics. "Many of us were political in our college days, and living downtown helps us reenter that world."
- Alternative shopping. "You shop downtown instead of malls, and you walk instead of drive." And unless your downtown has a good grocery store, you stock up elsewhere and practice smart shopping.
- Traffic. "You learn to adjust. You drive out of town as working people drive in, and drive in as they're heading home. Don't drive during a sporting event or a convention."
- People. "Unless you don't like them, I can't think of a single good reason not to move downtown," Nita says.

continued on page Z10



continued from page Z9



A sleigh bed (*left*) makes the library function equally well as a guest room. A traditional-style reproduction chair (*below*) brings warmth to the computer desk in the library.

On the main floor with the open living spaces, the Fronks carved out a separate room as a library/guest bedroom. "We put in the stacked shelves, and we also use the room as an office," Nita says. Even though the loft includes a guest room downstairs, the library is furnished with a sleigh bed. "We have a friend in a [wheel]chair," Nita says, "and this is where he sleeps when he visits." Another convenience is that the library is adjacent to a powder room outfitted with a roll-in shower that's wheelchair accessible.

continued on page Z12



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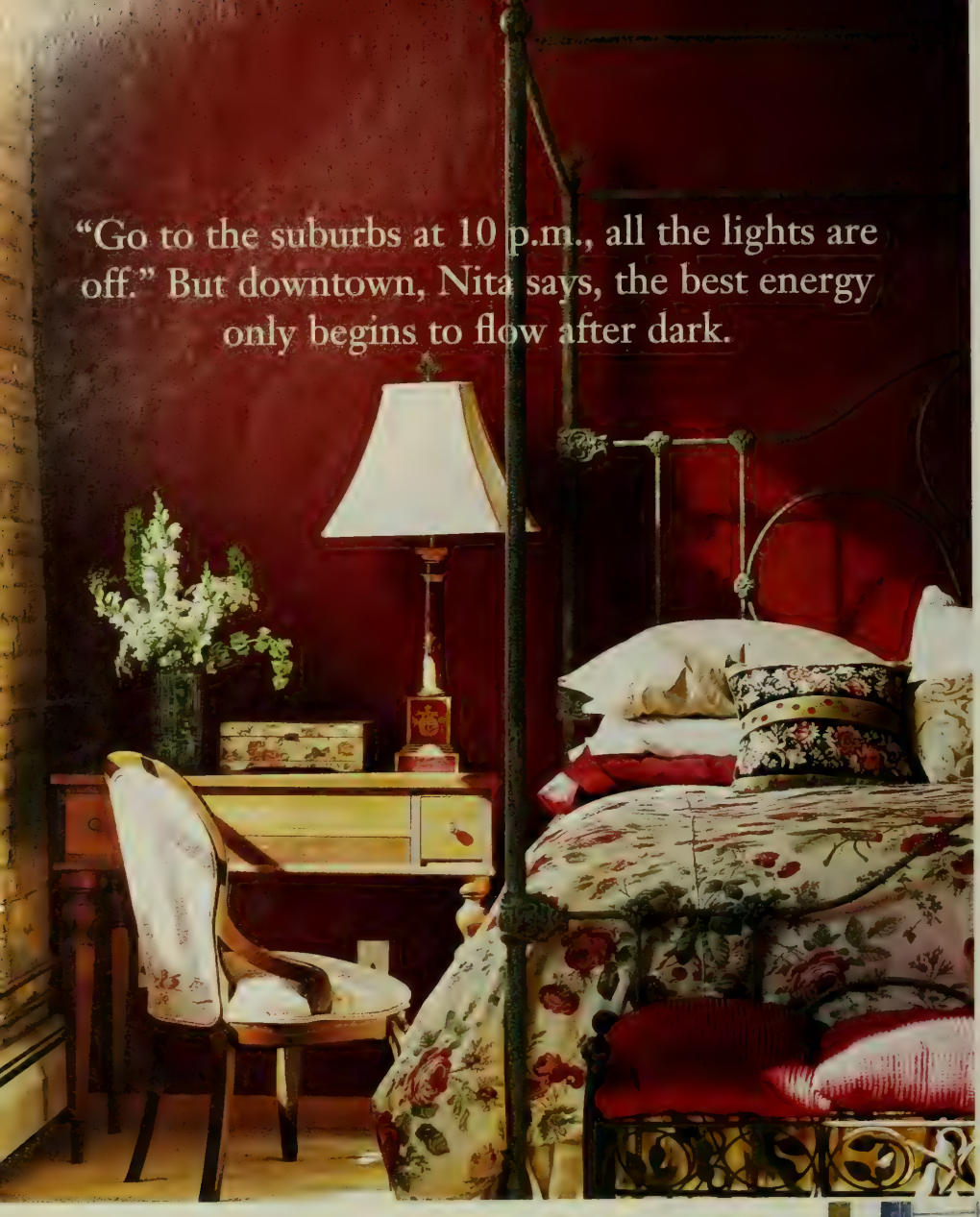
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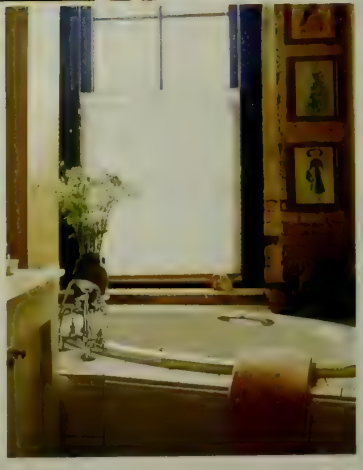
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"Go to the suburbs at 10 p.m., all the lights are off." But downtown, Nita says, the best energy only begins to flow after dark.



Tall ceilings meant the Fronks finally could have the graceful poster bed they've always...dreamed of. An heirloom desk makes a personal statement as a bedside table (*left*). The iron bench at the foot of the bed introduces Country French curves.

Vintage fashion designer illustrations the Fronks found in Italy (*below*) brighten the bathroom wall.



"Although most people think of lofts as being one-story, ours is two, plus a roof garden," says Nita. The bedrooms are on the lower level so the public spaces can command the highest, best views. The master bedroom compensates for its lack of vistas with bold energy. "I wanted to be more daring here," Nita says, "so I chose a brick-red palette." The blonde brick walls return the master bath to a tamer palette, but the energy still runs strong: At night, the soaking tub overlooks the glittering lights of downtown.

continued on page Z14


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continued from page Z12



Nita started the design of the guest room with a favorite floral bedding, then continued the soft palette of flowers on the cushions of a reproduction wicker rocker.

When daughter Jodie, 27, or son Alex, 29, come to visit, the downstairs guest room is their welcoming retreat. Dressed in the same mellow fall colors and cushioned comfort as the living spaces, it's an extension of the loft's overall design. An old family portrait in an antique oval frame (*above*) personalizes the wall, and an antique oak dresser (*right*) introduces curves to soften the hard brick walls and metal-clad windows.

continued on page Z16



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continued from page Z14



The roof garden can be reached only by climbing three flights of metal-and-cement stairs (*left*), which the Fronks painted to look old and original to the building.



Their building dates to the city's heyday as a flour capital in the mid-1800s, when the North Star Woolen Mill was one of several thriving mills driven by river power.

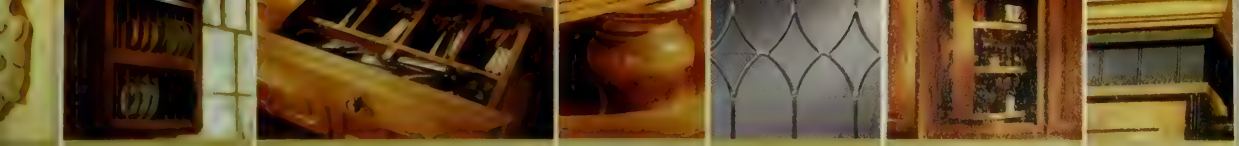


Mike, a retired executive, and Nita (*bottom*), a real estate agent, met at sensitivity-training classes in the '60s. The Hennepin Avenue suspension bridge is seen in the distance.

"I'm not big on exercise," says Nita, "so when I walk up three flights of stairs to get to the roof garden, that's my workout. Just hauling all the planting materials up there was real work." But it was worth the sweat. With English ivy trailing the iron fencing and an abundance of annuals blooming color in planters at every turn (*left*), the roof is the Fronks' private green space amid a sea of concrete streets and sidewalks. And yet the ultimate beauty, they'll tell you, is surveying city life from their lofty position.

Buying information, page Z31





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Found on page 28

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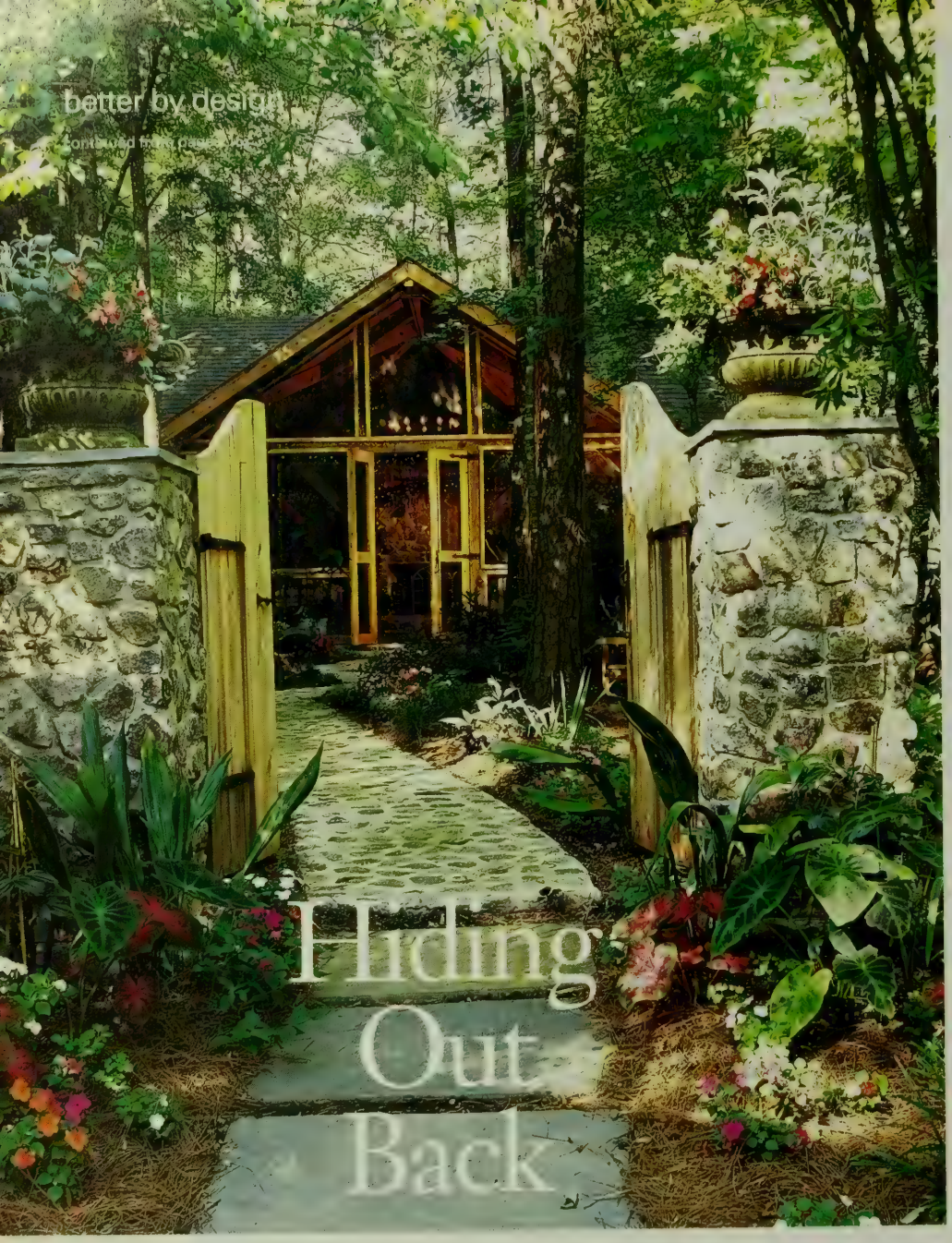


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Drive=Love

continued from page Z20



A pathway makes the journey from Karen and Don Drake's main home to the garden house more intriguing. The stout stone-and-wood gate draws family and friends toward the cabin's 8-foot cedar double-entry doors.

Hiding Out Back

A screened-in sanctuary welcomes Karen and Don Drake into the woods just footsteps from the back door of their Atlanta residence. The idea for building the 23½×19½-foot structure started as a simple desire for an outdoor fire pit. However, the family's wish list grew with the addition of other amenities. "Mosquito-free" leaped to the list's top, followed by "a place to have a sit-down dinner and a big fireplace." Karen says, "It was a classic case of one thing leads to another."

by Laura O'Neil

continued on page Z22

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continued from page Z20



Tiny holiday lights strung on grapevines add a festive touch to the cabin's casual air of hospitality—but they are practical too. They camouflage the electrical conduit pipes on some of the beams.



The stone fireplace (*below*) provides sufficient heat for the garden house during Atlanta's mild winter months. The building is also equipped with electricity.

Phillips bought old lumber direct from a local sawmill to construct this shelter (*above*), a cost-saving tip he recommends for others building rustic structures.



The hideaway's charm comes from the use of weathered wood. "I wanted it to look like it grew up in the woods, blending in with its surroundings," landscape designer/builder Joel Phillips says. The garden house was made of 6×8 pine posts, with 2×6s and 2×8s for decking. The four gables were built to match the roof on the main home. And, to complete the rustic architecture, hammered hinges on the house and gate were forged on site by a blacksmith.

Within the structure, 12-foot-long spans of screen were used to create window walls with minimal seams. The criss-cross wood trim across the screening gives the refuge a mountain-home quality. Best of all, the room's soaring ceiling—measuring 24 feet at the peak—melds the sights and sounds of the surrounding pine tree forest with the comforts inside.

Buying information, page Z31



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continued from page Z22



Chef's Selection

Whether they have guests or not, cooking at the Von Kaenels' in St. Louis is a grand performance. Margaret (the baker) and Joe (the cook) enjoy sharing the limelight in their remodeled dual-chef kitchen. To claim a 20×16-foot space, the couple removed a partition enclosing a desk area adjacent to the kitchen. Then they took out a wall, a closet, and a secondary staircase located to the right of the new island. A curvaceous granite counter now defines the chefs' stage and provides front-row seating for family and friends to join in on the action.

continued on page Z28

A commercial-style rangetop crowned by a rounded stainless steel hood creates a contemporary, multidimensional backdrop for the couple's culinary encounters.

by Laura O'Neil

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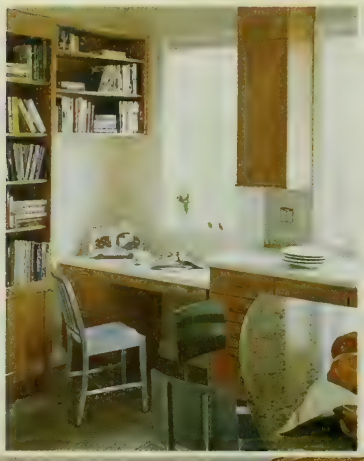


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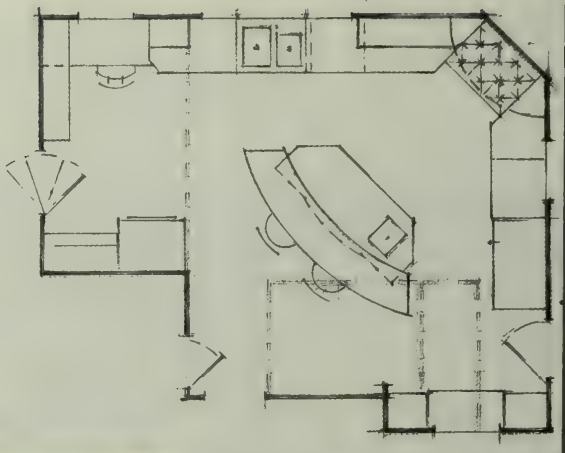
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continued from page Z26



Outside two of the kitchen windows (*left*) is a major walkway to nearby Washington University. "Standing at the sink or by the desk is like being at a little movie theater," Margaret says.



The floor plan (*above*) highlights the structural changes made to enhance flow and function for the gourmet cooking duo.





A postcard from a restaurant the Von Kaenels visited, which pictured the chef cooking in the kitchen, inspired the mural (*left*). "I painted the mural, adding a little bit of my husband Joe to the chef," Margaret says.

Despite the 9-foot ceiling, the kitchen serves up a healthy helping of warmth and coziness. This was accomplished by installing mellow-tone cabinetry as close to the ceiling as possible, and by replacing windows with larger ones.

The couple selected the cable light system for its sculptural interest. "The fixtures provide great light but don't interrupt the view in the room," Joe says. "They're diminutive and translucent."

continued on page Z30

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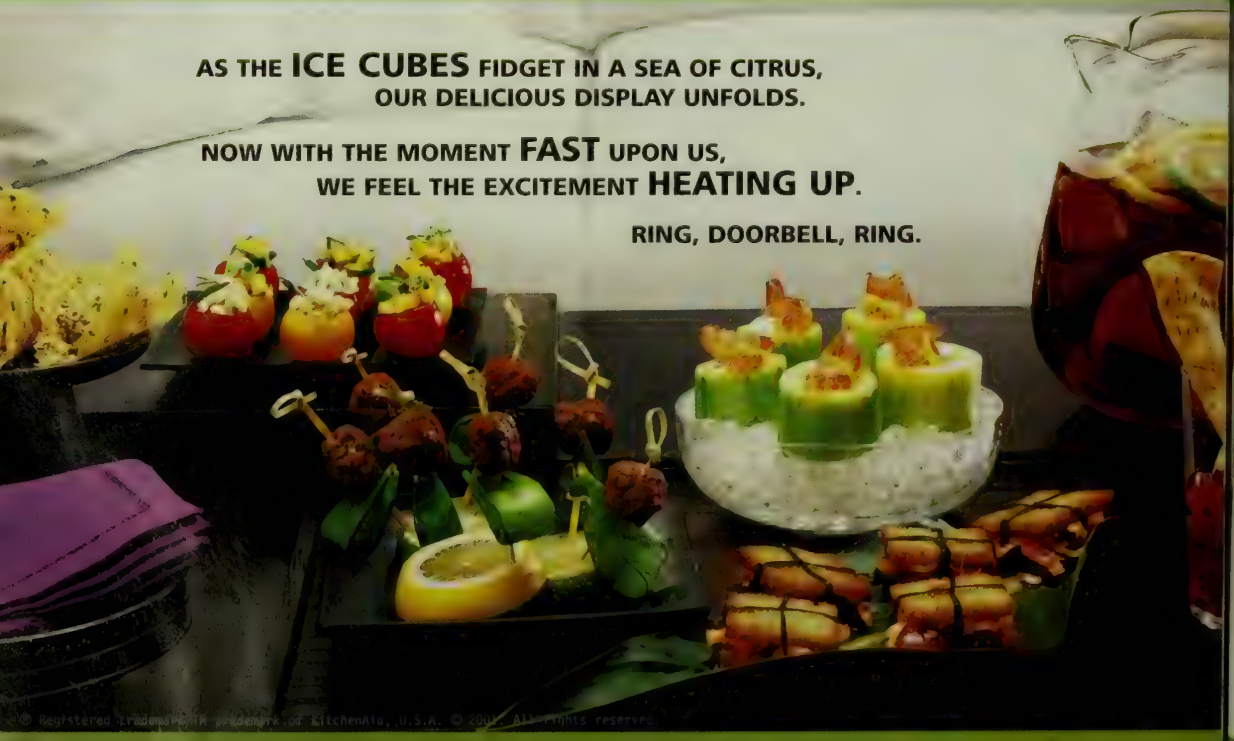
In keeping with the kitchen's built-in look, the microwave oven (*left*) is recessed into the cabinetry. Having the microwave at this height, slightly lower than the countertop, makes it accessible to chefs of many ages.

Placing the microwave away from the cooktop and near the refrigerator and island sink created the separate food preparation areas desired by Margaret and Joe. "If I'm putting together lunch or a late snack, Joe can still be preparing the evening fare at the other counters," says Margaret. The couple added another detail to enhance their entertaining—a wine corking area, which makes the opening of the wine an event for guests.

Buying information, page Z31



An antique opener (*left*) is the highlight of Margaret and Joe's wine corking area. The nook also features bottle storage and additional pantry space for supplies.



buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Lofty Ambitions

Pages Z2-Z3: red sofa, 7354-86—Lee Hands.; 800/892-7150; Internet site: www.leeindustries.com. **Floral straight-back chair,** 315-30, "Company Chair"—Carol Bolton for E.J. Victor, 110 Wamsutta Mill Rd., P.O. Box 309, Morganton, NC 28680-0309; for a local dealer call 828/439-1991; Web site: www.ejvictor.com. **Striped chair**—Lillian August through Drexel Heritage; for a local dealer call 828/433-3000; www.lillianaugust.com.
Page Z4: all items—antique, discontinued, or personal belonging.
Page Z6: table and chairs—Habersham; for a dealer call 800/422-3774; Web site: www.habershamdesigns.com. **All other items**—antique, discontinued, or personal belonging.

Pages Z8-Z9: all items—antique, discontinued, or personal belonging.
Page Z10: chair at computer desk—Habersham; for a dealer call 800/422-3774; www.habershamdesigns.com.
Page Z12: bed—Gabbert Design Studio, Nan Sloan; 952/836-2831.
Page Z14: wicker chair, "Cotswold Cottage"; **iron bed**—Gabberts Design Studio, Nan Sloan; 952/836-2831.

Hiding Out Back

Pages Z20-Z22: willow furniture and cushions—Collette's Antiques, 2122 New Macland Rd., Powder Springs, GA 30127; 770/439-9277. **Bentwood settee**—No source. **Antler floor lamp and baker's rack**—Rustique, 2405 Canton Rd., Marietta, GA 30066; 770/429-5574. **Fireplace screen**—Horchow Home Catalog, P.O. Box 620048, Dallas, TX 75262-0048; 800/456-7000. **Seagrass-covered box on stand** by Maitland—Smith—Flack's Interiors, 2999 Cobb Pkwy., Atlanta, GA 30339-3197; 770/952-6599. **Plates, hand-painted from Italy; bronze "Twig" flatware**—Neiman Marcus, 1618 Main St., Dallas TX 75201; to place orders or learn store locations call 800/825-8781.

Chef's Selection

Pages Z26-Z30: cabinet hardware (Matte Nickel)—Hafele America Co., 3901 Cheyenne Dr., Archdale, NC 27263; 800/334-1873. **Appliance trivet; stainless steel countertop, hood, and granite support frame**—Missouri Equipment Co., 2222 N. Ninth St., St. Louis, MO 63102; 314/621-0144. **Aluminum desk chair,** "Navel," #07-3750965—Williams-Sonoma; 800/541-2233; www.williams-sonoma.com. **Stools,** #AA0076—Precision Stool; 800/944-2233. **Cabinetry,** "Brookhaven Colony" (Fawn)—Wood-Mode, Inc., 1 Second St., Kreamer, PA 17833; 800/635-7500; www.wood-mode.com. **Double kitchen undermount sink,** "ELU-312OR" (Stainless Steel Satin); **island undermount sink,** "ELU-1316" (Stainless Steel Satin)—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484. **Bar faucet for island sink**—Gemini Bath & Kitchen Products, 3790 E. 44th St., Tucson, AZ 85713; 800/262-6252. **Countertop,** "Pencil Edge" (Bisque)—DuPont Corian Customer Response Center, P.O. Box 80702, Barley Mill Plaza 12-2206, Wilmington, DE 19880-0012;

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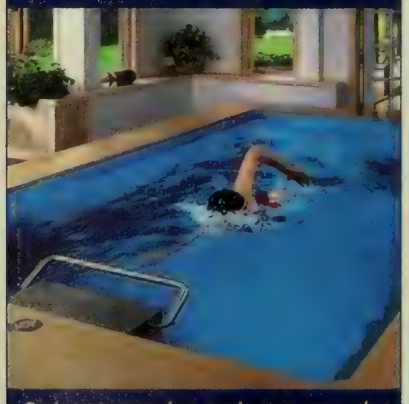
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buying guide

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architects & designers

Lofty Ambitions

Pages Z2-Z16: architect—Paul Madson & Assoc., LTD., 420 N. Fifth St., Minneapolis, MN 55401; 612/332-7026. **Contractor**—Brighton Development Corp., 15 N. 12th St., Minneapolis, MN 55403; 612/332-5664.

Hiding Out Back

Pages Z20-Z22: builder/landscaper—Joe Phillips, Phillips Landscapes & Nursery, 2684 John Petree Rd., Powder Springs, GA 30127; 770/943-9919. **Garden and interior designer**—Charlotte Hillix, Muscadine Vine, 2684 John Petree Rd., Powder Springs, GA 30127; 770/943-9919.

Chef's Selection

Pages Z26-Z30: kitchen designers—Danean Mitchell and Gregory A. Evans, Kitchen & Bath Resource Studio, 2901 Olive St., Saint Louis, MO 63103; 314/535-4055.

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For the canopy, cut a panel 1⅓ to 1½ times the length of the bed, dependin on how low you want the fabric to swag. Lay the fabric over the crossbars. Mar the points where the crossbars fall.

For the panel hanging behind the headboard, cut fabric long enough to han from the tester, or framework, to just below the mattress.

After measuring and cutting the canopy and headboard panel, narrowly he the edges or bind them with coordinating binding strips. Make ties from ribbo or from leftover fabric or binding. Sew four ties to each side of the canopy at th points you marked earlier. Then, sew four ties to each side and eight ties to th top of the headboard panel, spacing them evenly.

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by Cynthia Pearson

Breakfast Rooms

A breakfast room offers more than a place to rush through the first meal of the day. It's where we can focus and prepare ourselves for the day, or linger over coffee and enjoy the view. When a breakfast room is built with charm and comfort, it often becomes a space where everyone wants to be—long after the dishes are cleared. Here's how three families created just such inspiring places.



continued on page 9


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 continued from page 88



Escape to the sun To Julie and Rich Tiller, leisurely family breakfasts in their sunroom (here and on *page 88*) are a weekend highlight. "This is our escape room," says Julie. "We eat out here, plus we cuddle up and read to our daughters, and hang out with friends here." The Tillers added the 16×18-foot sunroom just off their kitchen, making a point of angling the space to the house for exterior interest. "The look isn't so blocky," Julie says. Unstained beadboard on the walls and ceiling combine with green ceramic tile on the floor to create a warm, natural look that's both refreshing and cozy.

continued on page 92



Wraparound screened windows (*left*) create the breezy porch feel that the Tillers love.

A cupola (*above*) floods the space with sunlight by day, starlight by night. The sunroom is tucked between the kitchen and the patio, making a series of spaces that encourage family togetherness or casual entertaining.



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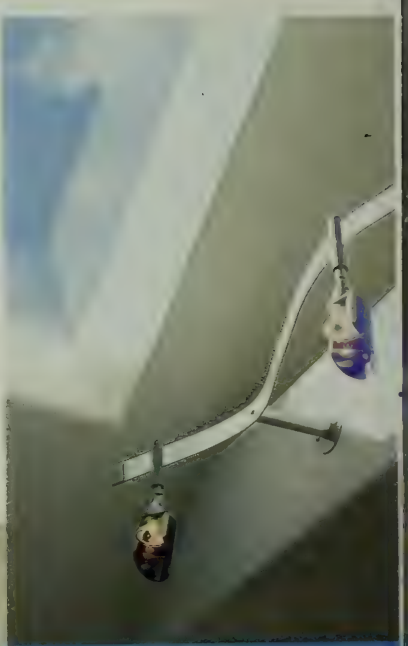
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More of a good thing Joyce and Sean Rees liked the breakfast room just off their kitchen, but they wanted to boost its function and style. After removing a wall between the kitchen and eating space, they stretched the room size to 10½×11½ feet, took the ceiling up to follow the roof peak, and drenched the walls in periwinkle paint. Next, they doubled the size of the room's windows and dropped in a skylight. Now the Rees girls can play within view of Mom and Dad at the stove—and when the large extended family gathers, there's plenty of room for all.

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A space-saving banquette (*left*) makes mealtime cozy for Sean, Joyce, and daughters Emily and Taylor. When the Reeses add a leaf to the table, they can host birthday parties for 16, with room to spare. Rice paper shades create privacy.

Beneath the skylight (*top*), halogen fixtures clipped onto a wavy metal strip take over when night falls. By cantilevering the slightly expanded eating area (*above*) the Reeses avoided the expense of a new foundation.

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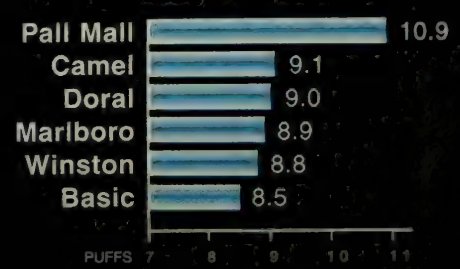


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Built at counter height, the marble-topped table (*left*) pulls triple duty as a dining table, a work surface, and a buffet. Mesh-covered doors (*below*) on the setback cupboards turn the Blandos' wine collection into a focal point. The enlarged kitchen now creates a courtyard effect on the patio (*above*).

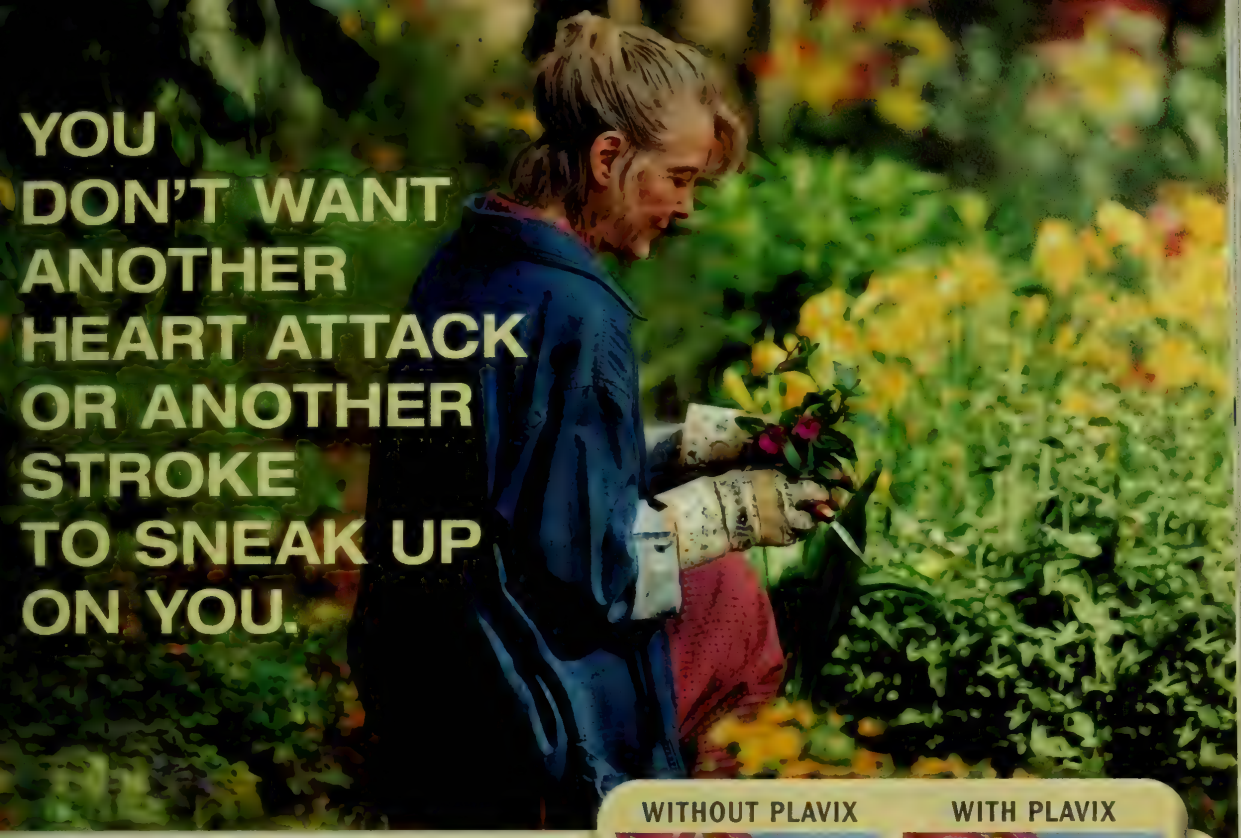


Stretch out, look out The best feature of Karen and Joe Blandos' 6×10-foot galley kitchen was the large blue stone patio just beyond it. So, the couple stretched their kitchen 8 feet out, right onto it. The new space makes room for a counter-height table and stools, plus a wall of pantry cupboards. Although Karen and Joe could have squeezed in more cabinetry along the walls, they opted for French doors and floor-to-ceiling windows. "One of my favorite pleasures is to sit at the table with a cup of coffee and watch the kids play outside," says Karen. "I love how easy it is to get from the kitchen to outdoors."

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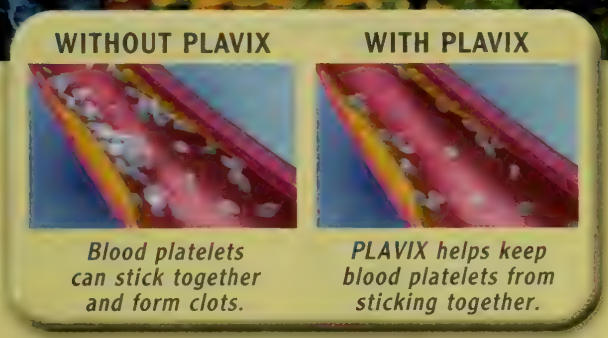
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INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.

CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.

WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.

PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.

Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.

Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.

Drug/Laboratory Test Interactions: None known.

Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).

Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.

Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.

Pediatric Use: Safety and effectiveness in the pediatric population have not been established.

ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 months with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

	% Incidence	(% Discontinuation)
Body System	**PLAVIX**	**Aspirin**
Event	**[n=9599]**	**[n=9586]**
Body as a Whole - general disorders		
Chest Pain	8.3 (0.2)	8.3 (0.3)
Accidental Injury	7.9 (0.1)	7.3 (0.1)
Influenza-like symptoms	7.5 (<0.1)	7.0 (<0.1)
Pain	6.4 (0.1)	6.3 (0.1)
Fatigue	3.3 (0.1)	3.4 (0.1)
Cardiovascular disorders, general		
Edema	4.1 (<0.1)	4.5 (<0.1)
Hypertension	4.3 (<0.1)	5.1 (<0.1)
Central & peripheral nervous system disorders		
Headache	7.6 (0.3)	7.2 (0.2)
Dizziness	6.2 (0.2)	6.7 (0.3)
Gastrointestinal system disorders		
Abdominal pain	5.6 (0.7)	7.1 (1.0)
Dyspepsia	5.2 (0.6)	6.1 (0.7)
Diarrhea	4.5 (0.4)	3.4 (0.3)
Nausea	3.4 (0.5)	3.8 (0.4)
Metabolic & nutritional disorders		
Hypercholesterolemia	4.0 (0)	4.4 (<0.1)
Musculo-skeletal system disorders		
Arthralgia	6.3 (0.1)	6.2 (0.1)
Back Pain	5.8 (0.1)	5.3 (<0.1)
Platelet, bleeding, & clotting disorders		
Purpura	5.3 (0.3)	3.7 (0.1)
Epistaxis	2.9 (0.2)	2.5 (0.1)
Psychiatric disorders		
Depression	3.6 (0.1)	3.9 (0.2)
Respiratory system disorders		
Upper resp tract infection	8.7 (<0.1)	8.3 (<0.1)
Dyspnea	4.5 (0.1)	4.7 (0.1)
Rhinitis	4.2 (0.1)	4.2 (<0.1)
Bronchitis	3.7 (0.1)	3.7 (0)
Coughing	3.1 (<0.1)	2.7 (<0.1)
Skin & appendage disorders		
Rash	4.2 (0.5)	3.5 (0.2)
Pruritus	3.3 (0.3)	1.6 (0.1)
Urinary system disorders		
Urinary tract infection	3.1 (0)	3.5 (0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parentheses.

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients treated with PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regardless of relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin-treated group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - general disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral nervous system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastrointestinal system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atrial. *Liver and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorders:* Creatinine increased, hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arthritis, Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets decreased. *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory system disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *Urinary system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious adverse events which may be of clinical interest but were rarely reported (< 1%) in patients who received PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis ischemic. *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastritis, perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system disorders:* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hematoma, hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage operative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytopenia. *Red blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders, female:* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* Bullous eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloendothelial system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils decreased.

Postmarketing Experience: The following events have been reported spontaneously from worldwide postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioedema, bronchospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) has been reported as part of the world-wide postmarketing experience, see **WARNINGS**.

OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was reported in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dose of PLAVIX (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. No specific therapy was instituted, and she recovered without sequelae. No adverse events were reported after single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVIX in healthy volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to that typically observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of clopidogrel at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. Symptoms of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gastrointestinal hemorrhage in all species.

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DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once daily, with or without food.

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Painting Ceilings

Painting a ceiling can be tricky and time-consuming. Just ask Michelangelo. Plus, older homes can pose problems that conventional painting doesn't address. Fortunately, a few swipes of paint can hide many flaws. Here are several tips to make your painting job easier.

- Remember to prime your ceiling before you paint it, just like any other paint job.
- When painting a ceiling, it's important to mask off the adjoining wall. Use 2-inch-wide painter's masking tape for the best protection. If you have uneven ceilings—some older homes do—place the painter's tape straight across the wall ¼ inch below where the ceiling should be and then paint (*above*). This will give the illusion that your ceiling is even.
- After adhering the painter's tape, paint the ceiling area adjacent to the walls with a paintbrush instead of a roller. This is what professionals call "cutting in." Using a brush cuts down on errors easily made with a big roller.
- Cut in along a length of wall only about 5 feet at a time so you can use a paint roller next to it while the paint is still wet. Roll over the previous paint as much as you can to eliminate visible brushstrokes.
- If you install crown molding, fill the gaps between the ceiling and the molding with paintable caulk.

Better Homes and Gardens® 2002 Home Improvement Contest

OFFICIAL ENTRY RULES

NO PURCHASE NECESSARY TO ENTER OR WIN. 1. This contest is open to U.S. residents, 18 years of age or older, who are homeowners of the property entered, except employees and their immediate families of Meredith Corporation, cosponsors and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 1, 2002, and received by December 2, 2002. Final entry form must be postmarked by February 3, 2003, and received by February 28, 2003. Final entry must include photos of project, written description of objectives, receipts for cosponsor prizes, and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected, or illegible entries. 2. You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 2002. 3. Entries will be judged on appearance, function, and cost-effective use of materials. In case of a tie, the entry with the highest score on appearance will be awarded the prize. Judging will be under the direction of *Better Homes and Gardens®* magazine. Cosponsor awards are also judged by representatives of the cosponsor. Decisions of judges are final. All winners except for cosponsor awards will be chosen on or about June 2, 2003. Cosponsor winners will be selected by August 1, 2003. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within 10 days of notification or a new winner may be chosen. Travel companions of Grand Prize winner will be required to sign a release. 4. PRIZES: One Grand Prize includes $10,000, plus an eight-Day Vacation for four at the Horizons by Marriott Vacation Club Orlando, Fla., seven nights lodging. Accommodations subject to advance notice, space availability, and black-out dates. Trip must be taken within one year from date of awarding. All other expenses not listed, including airfare, are the responsibility of the winner. Approximate retail value $2,000. Two runners-up will receive $5,000 each. Eight Class A/Three First Place winners will receive $1,500 each; Eight Class B/Three Second Place winners $750 each; Eight Class C/Three Third Place winners $300 each; 72 merit winners will receive $100 each. 5. For a list of prize winners (available after August 1, 2003), send a separate self-addressed, stamped envelope to: *Better Homes and Gardens®* Home Improvement Contest Winners' List, P.O. Box 10349, Des Moines, IA 50306-0349. 6. Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright, in all entry materials, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, hometown, likeness, and information regarding entrant, his/her family, and property by Meredith Corporation and cosponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication, in any other magazine or medium. 7. Contest is subject to all federal, state and local laws and regulations. All liability for federal, state, and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law. Residents of AZ, CO, MD, CT, and VT are not eligible to win cosponsor awards. No prize transfer or substitution. 8. PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER PROJECT.

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Home Improvement Contest Announcement continued from page 99

2002 Awards

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How to Enter

1. Right Now: To receive an official entry packet, call 1-866-509-1690, Monday–Friday 8 a.m.–7 p.m. CST, or mail the form (or a photocopy) *below*, postmarked by November 1, 2002, or download online for free at www.bhg.com/hic2002. Get a head start by saving floor plans, before and after photos, and receipts that could help make your project a winner.

2. When Your Project Is Finished: Send us the final entry form. All final entries must be postmarked by February 3, 2003.

Entry Judging

Entries will be judged on appearance, function, and cost-effective use of materials. Any home improvement/decorating project completed in 2002 is eligible, no matter how big or small. It's also eligible whether all the work was completed by yourself or by professional contractors. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited. See *page 97* for complete rules.

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Better Homes and Gardens® magazine will select winners on or about June 2, 2003. Winners will be notified by mail. A selection of the top winners will be featured in upcoming issues.

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Better Homes and Gardens® 2002 Home Improvement Contest

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Please print:

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Allow six to eight weeks for delivery. If ordering only the entry packet, the S&H charge is waived for residents of AZ, MD, CO, CT, and VT. Please do not send photos or project plans with this order form. Send only one order form per family. See *page 96* for complete rules.

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by James A. Hufnagel

Kitchens on the Side



1 A secondary kitchen takes a load off a home's main kitchen and saves lots of steps at munch time. This one—squeezed into a triangular space in Nancy and Brian Ament's Canby, Oregon, "bonus" room—provides a place where the family can pop popcorn or blend fruity drinks using ingredients pulled from the compact refrigerator/freezer. Nancy and Brian's side kitchen is located so that snack-fixers and stool-perchers can keep an eye on the television across the room.

continued on page 104



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Kitchens on the Side

continued from page 102

"I wanted the cabinets to be interesting and a little different," Nancy says, "so the doors have cherry rims that frame oak raised panels." Granite countertops angle toward a compact black sink. Mini-kitchens don't need big sinks, but it's a good idea to equip the sink with a tall faucet so you can easily fill pitchers and wash bowls. Although this kitchen narrows at the sink, there's plenty of room at the wider end for two people to work at the same time.

Code caution: If you're thinking about including a range or conventional oven in a second kitchen, check building codes first. Microwave ovens shouldn't be a problem.

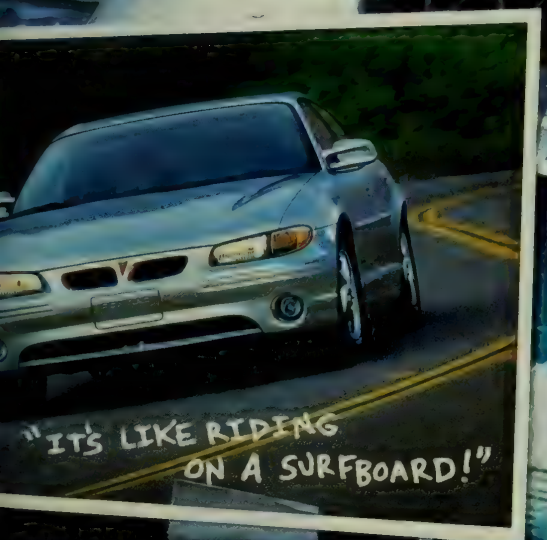
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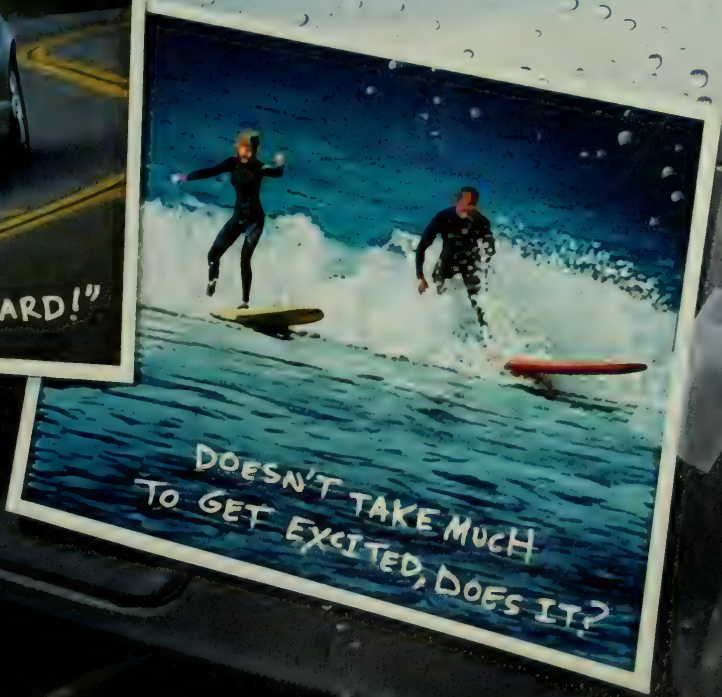


This small kitchen boasts lots of storage. Base cabinets (*above*) within easy reach for children, keep toys and games. A raised counter and adjacent sink (*right*) provide space for preparing snacks, eating, and working on (and cleaning up) crafts projects.

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Kitchens on the Side

continued from page 104



2

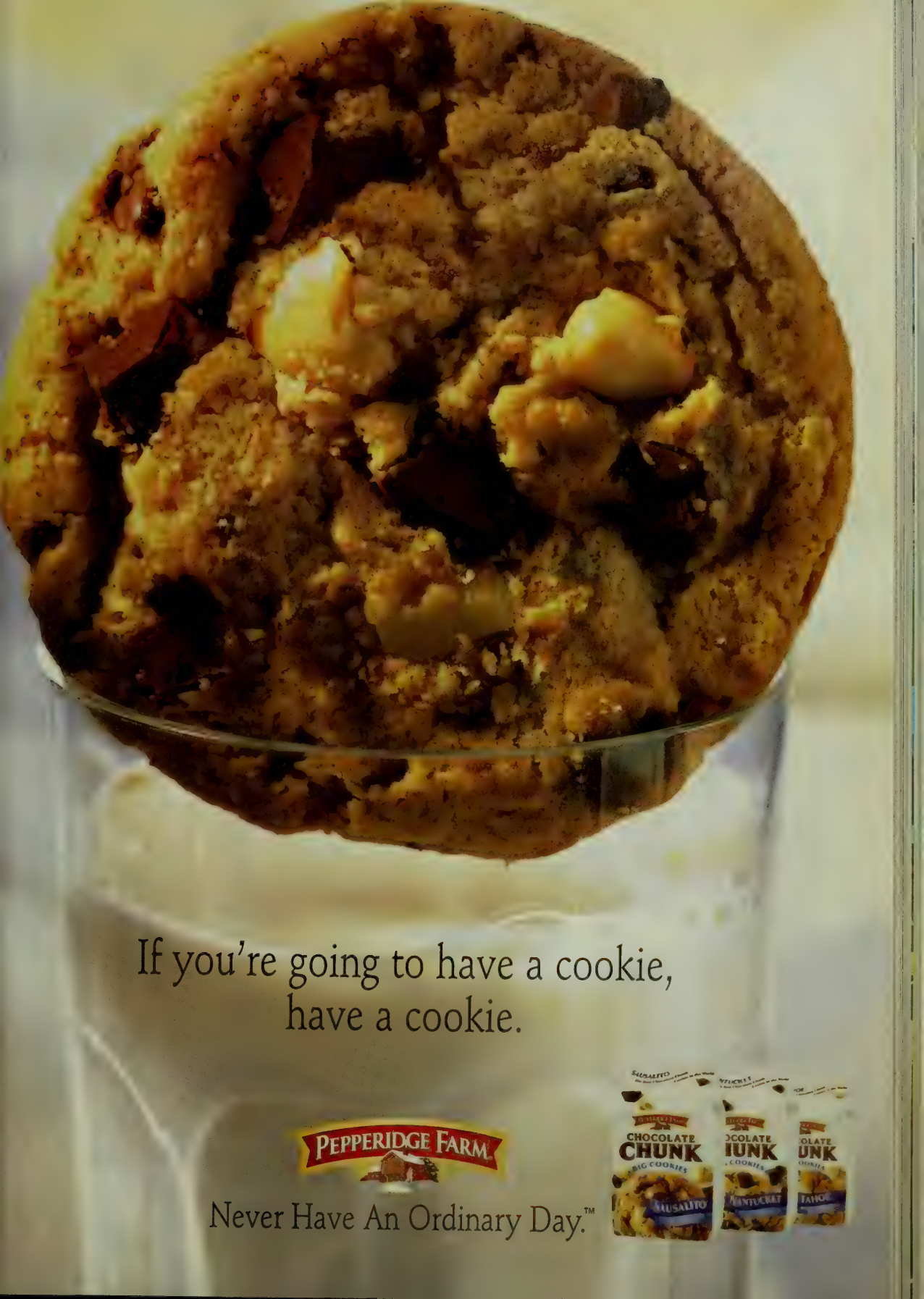
Another side-kitchen strategy is to integrate one into a wall of built-ins. Formerly an underused and gloomy space, this basement now serves as a family/hobby room. A big new bay window splashes natural light across shelves, cabinets, and the compact kitchen that puts otherwise dead corner space to good use. An undercounter refrigerator ties into the base cabinets, which store party trays and spare sets of silverware. Lighting under the upper cabinets eases snack preparation even when the room is darkened for TV viewing.

Cabinetry to the left of the kitchen (*above*) stows a sewing machine and supplies. A stool fits into knee space under the counter. Green-gray slate on the kitchen counters (*left*) matches the material used to face a fireplace on the opposite wall.



When you're planning a side kitchen, bear in mind that hospitality sinks measure from 15 inches square to 15×25 inches. An undercounter refrigerator requires a power outlet and a space 17–18½ inches wide.

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If you're going to have a cookie,
have a cookie.
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Kitchens on the Side

continued from page 106

3



The original plans for a family room addition to Juli Korbel's Hinsdale, Illinois, home called for a closet along one wall. But because she and husband Paige entertain a lot—and the main kitchen is on the other side of the house—they decided to install a glassy satellite kitchen here instead. Mirrors, fronted by glass shelves, reflect a view of the patio and backyard. A stainless steel sink and gold-anodized refrigerator door add further glitter.

Often the biggest challenge to retrofitting a kitchen on the side is getting water to (and from) it. Supply lines easily snake through walls and floors, but drainage can be trickier. That's because drains must connect to a nearby vertical "stack" that carries away wastewater and also rises to the roof to vent sewer gases. If possible, try to locate a spare kitchen adjacent to or directly under an existing kitchen or bath. ⌂



When you shop for a stainless steel sink (*upper left*) look for models with high nickel and chrome content levels. Nickel helps prevent corrosion; chrome enhances the finish. The gold-flecked granite countertop (*left*) matches granite in the entryway, helping the addition look as though it is part of the original house.

Buying information, page 260



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by Jane Schorer Meisner



Handling Kids' Homework

Homework. Two positive-sounding syllables that often trigger anxiety and frustration for school-age children. Still, it's a task that, if done regularly and attentively, can pay multiple dividends for students.

Homework is one school subject that deserves a parent's closer study.

"The point of homework is to practice the concepts students have been taught that day in school," says child psychologist Ruth Peters, author of the book *Overcoming Underachieving* (2000). Teachers don't have enough time to present the lesson and then adequately practice it within a 45-minute or hour-long class period, says Peters. So home goes some work.

This is generally a good thing, says Judy Taccogna, director of the Education Sector at the Search Institute in Minneapolis. She says that when properly handled, homework helps young people feel motivated to do well in school.

Dozens of studies show that kids who regularly do six or more hours of homework a week not only score higher grades, but also experience better mental health and have lower involvement with drugs, Taccogna says.

Homework assignments also provide the perfect opportunity for parents to become active in their children's education, adds Michael Ralston, director of parent involvement and training for the Dallas Independent School District.

"The one critical factor in a child's success in school is parental involvement," Ralston says. One of the key elements of that involvement can be as simple as a mom remembering to ask if all after-school assignments are done.

The involved parent's role

Parents also need to monitor the homework situation to determine if the assignment load is appropriate. If it appears to be too much—or too little—it's time for parents to investigate.

"I have yet to meet a kid who has too much homework if it is done effectively and efficiently," Peters says. "If parents are saying, 'My kid seems to have too much homework,' obviously they need to find out why. Is the teacher being mean? Is the student not getting it done in class? Or is your kid fooling around and taking too long? The first step for parents is to gather information and find out who's at fault."

The formula for parents seeking to solve homework problems is not complicated: Talk to teachers or school administrators. "The very best thing a parent can do is stay in touch with the teacher," Ralston says. "At the beginning of the school year, find out what kind of homework will be given and what will be expected. Also, find out what is the parents' role with the homework."

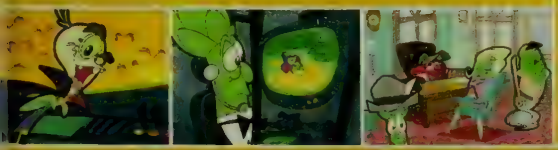
Some schools assign learning activities specifically designed to involve parents or families, Ralston says. Some teachers want parents to do more than monitor homework, perhaps showing flash cards or some other drill. But other teachers prefer to have parents only make sure assignments are completed.

continued on page 112

Hero



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Handling Homework

continued from page 110



Also explore the school district's policy about homework to get a big picture of expectations within the district, Taccogna says. If a child has six teachers but is spending several hours a night on work for one, you'll need to find out what that teacher's intention is.

"Sometimes, the teacher will say, 'Oh, my gosh, three hours of homework! I never intended that. Let's take a look at tailoring it for the individual student's needs,'" Taccogna says.

An individual prescription

Consider each child's personality, behavior, and organizational skills. What may be an appropriate homework load for most children could take twice as long for a child who is a perfectionist or one who has an emotional problem or other challenging condition.

But some students bring home excessive schoolwork because they've misused their time in class or study hall. Some consume entire evenings shuffling papers and watching clocks.

"Whining takes up a lot of time and energy," Peters says. She suggests teaching students to "chunk it," or break down tasks into smaller, more manageable segments to reduce stress.

"Anxiety generally interferes with efficiency," Peters says. "You start spinning your wheels. If you have a game plan, such as reading 20 pages tonight and 20 pages tomorrow night, you don't waste time being anxious."

Provide a suitable environment. Kids need a quiet, comfortable, well-lit place for study without distractions. Turn off the television. Make sure students have the necessary "tools" for their assignments—pencils, paper, dictionary, access to a computer. Healthful snacks should be on hand, since hungry kids have trouble concentrating.

Be available to help—and only to help. "It's tough to be the coach and not the doer of homework," Taccogna says. "Sometimes parents get frustrated because they don't understand the approach the teacher is taking to teach a particular concept. Then they revert to the way they were taught, which further confuses the child."

A better role for parents is to help bat around ideas for projects or to ask questions about how to solve a problem. Parents make good assistants when it's time to drill on vocabulary words, listen to rehearsal presentations, quiz students on chapter review questions, or proofread that paper about the Louisiana Purchase.

The formula for parents seeking to solve the homework problem: Talk to teachers.

Make homework time more fun

Use a timer to play "beat the buzzer," Peters suggests. If a dawdling child finishes a task on time, give him some sort of small reward. Timers may also help the perfectionist child move along, Peters says, as kids usually will sacrifice obsessive neatness in order to make a deadline.

Also, break down the amount of work into smaller parts, interspersing easier tasks with tougher ones. Or, take a few minutes of fun time before moving from one assignment to another. Decide which task to tackle first by writing assignments on small slips of paper and having the student pull one from a jar. After completing the first, draw again for another task.

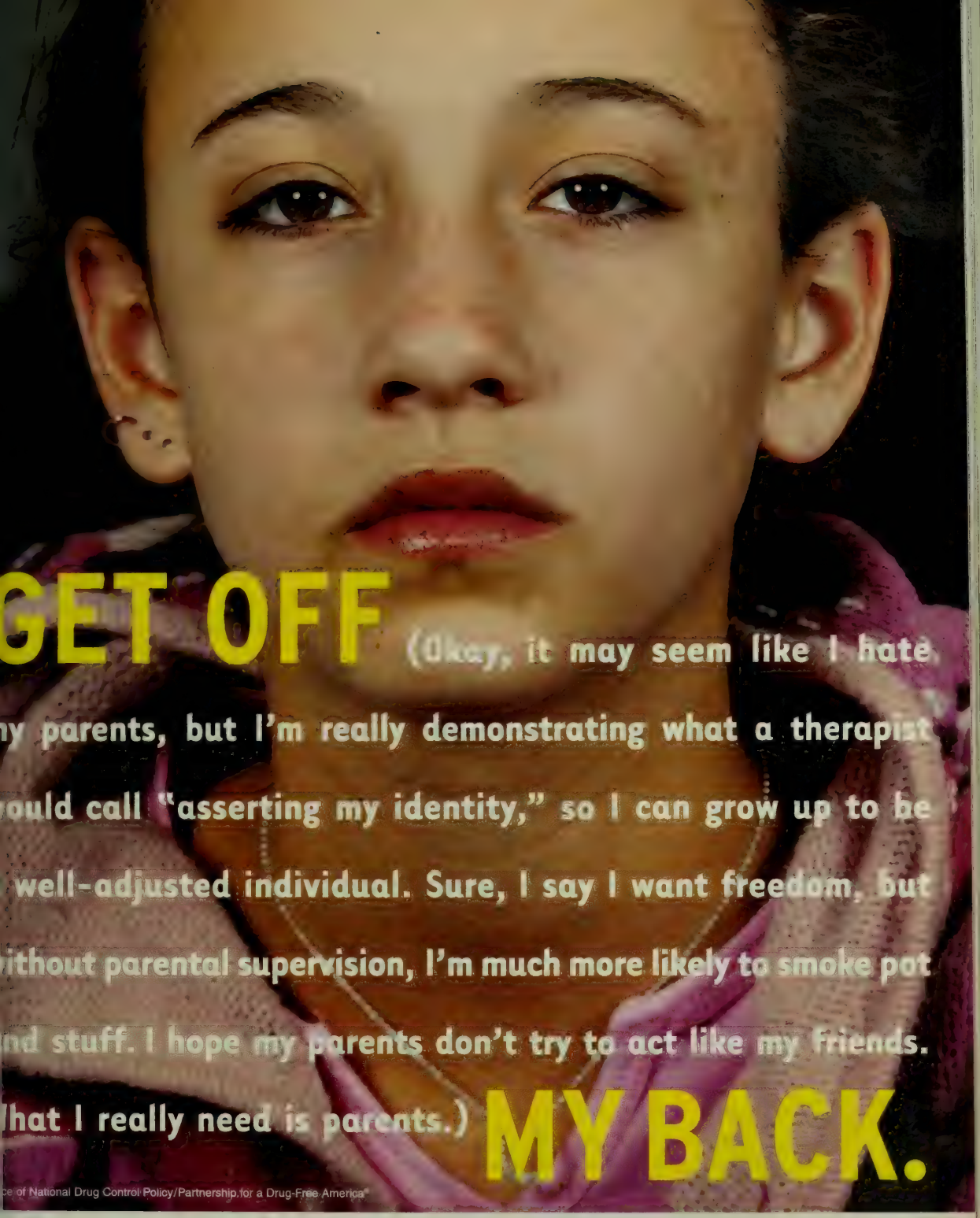
Explore the benefits of homework-help Web sites. Homework "hot lines" abound on the Internet, and many are worth investigating. Independent school districts may have their own sites that list daily assignments for students who were absent or who missed some instructions.

Some Web sites provide opportunities for kids to type in a question and be referred to material that will assist with an answer. More sophisticated sites—some of which charge a fee to use—provide immediate interactive tutoring for students. "It's just like giving the kid an encyclopedia online," Peters says.

Parent groups can also set up their own homework hot lines, enlisting volunteers—maybe retired teachers or older students—in different areas of expertise. Post hot line numbers on school bulletin boards or at the library.

Above all, send the message that you're watching and that you care. In addition to monitoring actual homework, Ralston suggests that parents make sure children go to bed at a decent hour so they can get adequate sleep, and help the child get off to school in the morning. Limit the number of hours teenagers are allowed to work at part-time jobs. Make it a house rule that homework comes before those activities kids love—talking on the phone, playing on the computer, going to movies, and practicing with the team.

Behind every successful student is a parent who says, "Yes, if your homework is done." ⌂



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Let kids have their Say

It was every parent's nightmare. Jim, a 40-year-old bank facilities manager, got a phone call one Friday evening. His 17-year-old daughter, Martha (their names have been changed to protect their privacy), had been out bowling with friends before a high school dance. She said she'd accepted a soft drink from a boy that she'd never met, but that one of her friends knew. "It tasted kind of funny," she said. Shortly afterward, at the dance, she started feeling dizzy and throwing up.

Once it was clear that Martha was going to be OK, Jim got down to brass tacks. "I know it was alcohol. Why did you lie to me about drinking?" he asked her.

"Boy, did I get a talking to," he remembers. "Martha reminded me that she'd never given me reason not to trust her, and that I had her prosecuted, tried, and convicted before I'd even really listened to her story. She was hurt and angry that I would doubt her. She told me I'd jumped to conclusions and lumped her in with all the worst stereotypes of irresponsible teenagers. She was right."

In his leap to judgment, Jim had erred. Someone HAD slipped something into Martha's drink without her knowledge.

Fortunately, and much more significantly, Jim had done many things right. He had a close relationship with his daughter. He'd been a good listener in the past, and he'd allowed her to express her thoughts, feelings, and opinions freely before, without criticism, even if he disagreed with her. Also, he'd been willing to admit his error right away.

"I think she was prepared for a pitched battle, but when I stopped and thought and told her she was right, it kind of took the wind out of her sails," Jim says. "Instead of arguing, we spent the rest of the evening talking about trust—who you can trust, and who you can't—and some of the consequences of trusting the wrong people, like friends of friends that you don't really know."

Parent-child communication is challenging for adults. It is difficult to remain cool-headed and objective, especially when some of the subjects we're called on to talk about with our kids—such as drugs, drinking, sexual activity, and AIDS—can literally be life and death.

continued on page 116

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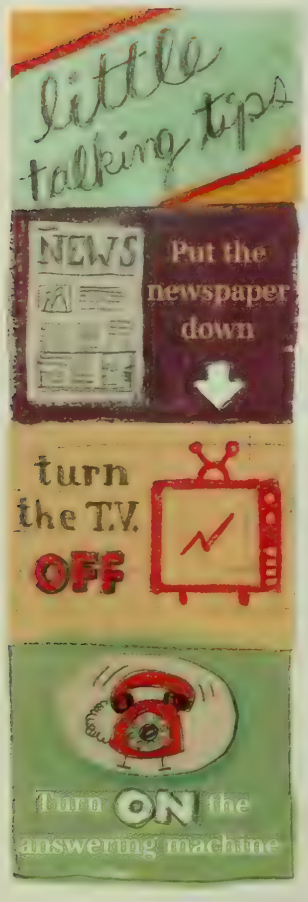
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Let Kids Have Their Say

continued from page 114

The challenge becomes easier to master, though, if you break communication down into its three basic components—listening, responding, and problem-solving.



Wondering how best to talk to your kids when communication gets tough? Often, it's the listening that really counts.

Listening

"Listening is the most underrated yet most important skill in parenting," says Kathy Thompson, an associate professor of Communications at Alverno College in Milwaukee and a former executive director of the International Listening Association. "If you haven't heard and truly understood what your child is telling you, your responses won't be very helpful."

Thompson and other communications experts recommend the following listening tips:

- Be available. If your child approaches you and wants to talk, give him your full attention. Put down the newspaper, turn off the TV, and ignore the phone. Arrange for privacy.
- Listen carefully and politely. If a child is small, don't tower over her. Move down to her level. Lean forward, and nod your head in understanding when appropriate. Try not to interrupt, even to ask clarifying questions, because these can appear to be judgmental or threatening. Listening is not the time to respond—and especially not the time to disagree with what the child is saying or to express a negative emotional reaction. Your foremost goal now is to make your son or daughter feel comfortable.
- Affirm the communication. No matter what your child has told you, make sure your first reaction is to thank her or him for talking to you—even if you don't like what you've heard.
- Affirm the emotions. Young children, especially, often need help in describing how they're feeling. Statements such as, "I can see that you're really upset about that," let children know that they're not crazy, validate their feelings, and give them words to use in the discussion.
- Paraphrase. Concisely restate what you've been told, both to show that you've heard and to confirm that you are getting the story straight.

Responding

Once you've heard a child out, you can respond.

"Conveying that you've understood the problem is much more valuable than trying to solve it," says Laurie A. Segal, a Sands Point, New York, certified social worker and founder of a psychological wellness program for families. Solutions come later.

Tell them about a similar problem from your childhood. "For children of all ages, statements from parents about how they felt when they were young are very effective in keeping the conversation going," says Segal. "It brings parents down to their child's level. Children never think that parents had problems like theirs. They will always ask to hear more."

Ask how you can help. Like anyone else, children are much more receptive to guidance that they've asked for, rather than your unsolicited advice.

Problem-Solving

You may not need to go further if your child just needed to share some information. But if you think your child has a dilemma on her hands and needs some guidance, try the following:

Identify the problem. First, tell the child that you think there is a problem to be solved, and that you want to find a solution that's acceptable to both of you. Talk about the feelings—your child's and your own—that need to be addressed.

Brainstorm together to find a mutually agreeable solution. Try to get the child to suggest solutions first—you can chime in later. Make sure you both understand how the details will work out and who is responsible for doing what.

Sometimes, though, listening is all you need to do. "I talk for a living. I'm a chatty Kathy," says communication professor Kathy Thompson. "When my daughter was sixteen and wanted to go to a party where there were going to be some unsupervised activities that I didn't approve of, I almost had to put my hand over my mouth to keep from interrupting her. But as I let her talk, I could see her relax. And when she was finally done, she gave a big sigh, looked at me, and said, 'What do you think, Mom?' To this day, she tells me that conversation was a turning point in our relationship."



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Volvo built its reputation for safety at a time when its cars had all the design appeal of a big metal box. Today the box look is history, as evidenced by the S60 sedan shown here, which manages to look sporty and still achieve a five-star crash-test rating. But the Swedish automaker, now owned by Ford, keeps refining safety. The latest advance is an electronic all-wheel-drive option on the S60 that provides an extra security blanket on wintry or rain-slick highways. In normal driving, the car's power goes only to the front wheels. But if the front wheels lose traction and start to spin, the system almost instantly transfers power to the rear wheels. Because it is electronic, the all-wheel-drive control system can "talk to" the car's traction control and optional stability control to keep the car on track—on just about any surface other than glare ice. The all-wheel-drive version of the midsize S60 starts at $33,375. Estimated mileage from the 197-horsepower engine is 26 highway, 19 city.



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Finding the Way Back Home

How an excursion into a pioneer past taught three families some lessons about our modern world. —Part One of a Three-Part Series

Text by John Riha ■ Photography by Judy Olausen

If there are places that will break one's spirit—and mend it again stronger than ever—the Absaroka Range of southern Montana's Rocky Mountains is one of those places. Here, where cottonwoods and aspens rustle beside crystalline creeks and raw fists of granite thrust 11,000 feet into a flawless blue sky, the original American Dream—that mythic confluence of hope, hard work, and self-determination—seems close at hand. It was here that three families recently slipped back in time, surviving for five months as 1880s pioneers. Challenged by hardships, they would come to discover the dream rooted deep in their own families.

Welcome to *Frontier House*. It's more a place in the heart than a location on a map—a test of survival and courage featuring ordinary American families. Set in the rugged landscape of southern Montana, *Frontier House* is a bold experiment in reality television conducted by New York public broadcasting station WNET. Three families—the Brooks of Massachusetts, the Glenns of Tennessee, and the Clunes of California—were brought to an isolated mountain area for almost five months, with nothing more than rudimentary tools and a hoped-for reservoir of American ingenuity and resourcefulness. Unlike more infamous reality television programming, there are no contests to play, no prizes to be won.

"We were thrilled to be chosen," says Gordon Clune, whose family was selected from more than 5,000 applicants, "but we had no idea what we were getting in to."

This remote section of the Rockies, just south of Livingston, is a fitting backdrop for human drama. Westward-moving pioneers found an abundance of natural beauty and bounty in these mountain valleys, settling here in the mid-19th century. Those first settlers made claims on 160-acre tracts of land, setting up farms and raising cattle, striving to survive a harsh environment and indelibly carving the story of frontier life into the American experience. WNET has formed a painstakingly accurate re-creation of that experience as it might have occurred in 1883, leasing from local ranchers a remote 1,100-acre parcel located at the end of a dirt road with meadows and a year-round creek.



Each family has been given a homestead, land with creek access, livestock, blankets, tents, tools for building shelter, and a pioneer's best friend—a dog. The settlement is marked more vividly by what is missing than by what has been provided: There is no running water, electricity, and certainly no quick-mart down the street.





Tracey Clune serves dinner to the family milk cow (*above*). The Clunes cut all the hay by hand. Gordon and Justin saw firewood (*top*). Adrienne multitasks: reading, churning butter, and watching Conor (*right*).

"We were thrilled to be chosen, but we had no idea what we were getting into," admits Gordon.

...ntinued on p...


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Sharing their strength: Nate and Susan Brooks saw wood (*above*). Logan Patton (*below*) displays the day's treasure—fresh



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They wear the same clothes day in and day out. Additiona
supplies are only available at a general mercantile, whic
is open every fifth Tuesday and located more than seve
hours away by foot over a mountain trail. All news medi
are forbidden.

For the first several weeks the families, including si
children, cram into their canvas tents. They dig latrines
cobble together privies and chicken coops, and struggl
to build cabins from piles of pine logs. They suffer freezin
temperatures and freak snowstorms, scratch gardens int
the rocky soil, ferry endless buckets of water from th
nearby creek. Whatever romantic notions they have abou
pioneer life quickly dissolve in the day-to-day imperative
of survival in this wilderness.

"I've never heard more prayer or more profanity in a
my life," says Mark Glenn, a college professor who ha
taken a leave of absence to join the adventure.

Like their counterparts of a hundred years ago, dawn
to-dusk work forms the fabric of everyday life. Large
projects, such as hacking root cellars into the rock
ground, are accompanied by incessant daily necessities—
cooking, cleaning, repairing, and tending livestock.

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"We poured every physical, intellectual, and emotional part of ourselves into this experience," says Karen.



lenn and daughter Erinn milk the cows (*below*) twice daily. Tracey and Aine Clune (*above*) carry water—an endless task.





"Now, I appreciate my family more than anything," says Aine.



lays at the outdoor table (*left*). Aine and Tracey frolic (*above*). Fresh trout for dinner, thanks to Justin and Conor (*below*).

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After five months, the settlement has the look of an travagant "living history" production, with tidy log bins, contented livestock protected by wooden pens, and dustrious inhabitants in their period costumes chopping ood and milking cows. But close inspection reveals me sobering truths—hands and fingernails permanently ackened, clothes ripped and tattered by constant use, odies that are thin and sinewy. This is not *Little House the Prairie.* This is life on the edge.

"I thought I was in pretty good shape when I got here," ys Mark, "but I was not ready for the day-in and day- it level of physical labor, and the intensity of it. We don't ve a scale here, but I've lost probably 30 or 40 pounds." Any losses, however, have been more than compensated. hey have met each challenge with determination and ventiveness, and discovered stores of courage they never ew existed. Down to bare essentials, they took strength their family bonds and in the spirit of community. As ey prepare to return to their normal lives, these modern oneers consider how to preserve cherished lessons.

he Glenns

ark Glenn ambles down a path to the creek, thumbs ooked in his vest. He straddles a crude wooden box set to a small rock dam he has made, lifting the lid to reveal tub of butter, a jar of milk, and two bottles of beer urchased at the mercantile. Yellow cottonwood leaves ught in the chilly, swirling waters tell of the coming tumn. "It's a spring box," he says proudly. "I made it yself. It's our refrigerator. Works like a charm." Closing e lid, he notes, "Out here I've done things I never

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thought I would. I've made things; I have an incredible sense of accomplishment."

Looking down the length of the creek, he adds, "As a society, we've insulated ourselves. We've padded our lives with TVs and gadgets to make things easier. Funny, but I haven't missed them. Just about everything you need, you can create. You realize that life can be full, even in the simplest surroundings."



In the cabin, Karen Glenn, a registered nurse, sits at a small wooden table with 11-year-old Erinn Patton, her daughter by a previous marriage. They are getting ready for dinner, stoking the fire and setting out flour and butter for biscuits. At this time of year the sun slips behind the mountain peaks in late afternoon, bringing early evening shadows. As she reaches up to light an oil lamp Karen remarks how her family of four has adjusted to life in a one-room cabin.

"Back in the twenty-first century," says Karen, using the euphemism for modern life adopted by all the participants "we lived in a three-bedroom, three-bath house. But after a while, this cabin was more than enough. The space just seemed to grow and expand." Karen adds that housing a family of four in a 12x18-foot cabin left little room for privacy. "But privacy is overrated," she insists. "It allows us to avoid personal issues. Here, issues get shared in a hurry. We talk about everything. It's become a way of life."

"We do everything together," chimes in Erinn. She pauses, then holds up hands streaked white with flour. "Like kneading bread. I'll never take a loaf of bread for granted anymore."

Eight-year-old Logan Patton comes in from checking the chicken coop. He clutches two eggs as smooth and brown as his own hands. "I like taking care of the animals," he volunteers. "They're the best."

Karen smiles. "Our children have seen what an impact an undone chore can have on the whole family," she says. "Faced with the responsibilities we all have out here, even the young ones respond. It's incredibly gratifying to see what happens when we vest our children in the welfare of the family. Now, I trust my children more and have learned not to micromanage them as much, knowing they'll follow through."

"The isolation is numbing at first," says Mark, "but then it becomes almost spiritual."





Simple pleasures: Mark Glenn pauses to hand-roll some tobacco (*top*). Karen readies ingredients for biscuits (*above*), while the woodstove heats up. Herbal remedies (*left*), such as peppermint and chamomile, are the only medical supplies. In case of emergency, a local doctor is on call.

The Brooks

During the first weeks of the adventure, Outward Bound instructor Nate Brooks of Massachusetts was joined by his father, Rudy. The two of them built a cabin for Nate and his bride-to-be, Kristen McLeod, a social worker. The arrangement was similar to what many young pioneers encountered when they first struck out on their own. When the cabin was finished, Kristen arrived. Rudy returned home shortly after Nate and Kristen were wed in the settlement in an open-air ceremony that Kristen describes as "the most beautiful beginning to a marriage you can imagine."

Tucked away at the end of a dusty dirt road, the newlyweds' little 13x13-foot cabin is nestled in the hills grasslands at the top of the settlement. A handmade gate—charming as any storybook entry—leads through a barbed wire enclosure built to keep a pair of La Mancha goats from wandering. Here the Brooks enjoy spectacular views, serenaded by a gentle trickling from a rickety but ingenious wooden flume that Nate built to bring water

continued on page 1



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om the creek. With the goats milked and breakfast dishes t away, the Brooks engage in some healthy nuptials—cing firewood rounds off a pine log using a 5-foot-ng, two-person crosscut saw. "Keep your line straight," ges Kristen. "She's got a great eye," assures Nate.

The couple pauses, and Kristen wipes her brow on the eve of her cotton dress. "In the twenty-first century," e says, "I thought I was really busy. I imagined coming t here meant I'd have all this time to reflect and write my journal." She laughs and shakes her head. "Instead, r whole focus became work. Spiritual contemplation ppens when I'm sawing wood."

"This isn't utopia," says Nate, "but it reminds me that r lives are inundated with information. If we're lucky ough to get away for a while—take a quiet vacation, joy silence—we hear ourselves, and we make choices sed on what we really need. Those are freedoms that eate self-confidence. When we are self-confident, we are ore apt to take risks that are personally meaningful. It doesn't have to be an earth-shattering thing. Maybe we'll take a cooking class we've always wanted to. Self-confidence makes us less likely to be influenced by others and more likely to have original thinking."



The Clunes

Breakfast at the Clunes' is a lively affair. There's the sweet smell of smoke and a fire crackling in the woodstove and clattering plates and banter as six people jostle for positions at the big central table. Gordon, owner of a family-run manufacturing business back in California, built the table from peeled poles and slabs of pine. Set in the middle of the cabin, it is the locus of Clune family life, serving as living room furniture, workbench, church, and, several times each day, dining table. Adrienne, a stay-at-home mom and a classically trained gourmet chef, has mastered the pioneer art of cooking with whatever's available, and this morning she has set out one of her specialties—giant buttermilk pancakes three-quarters of an inch thick slathered with gooseberry jam. There are two cans of store-bought peaches from the mercantile—a treat that won't last but a few moments—and plenty of fresh milk and butter, and boiled, cowboy-style coffee.

With the *Frontier House* adventure winding down, the talk around the table is less concerned with the day's chores and more attuned to leisurely pursuits. Sons Justin, 12, and Conor, 9, plan to spend most of the day fishing for trout, using their homemade poles and flies fashioned from chicken and sage grouse feathers. Fifteen-year-old Aine (pronounced Ahn-ya) and her cousin, Tracey, want to play guitar, something they've taught themselves.

"Out here, the children have been free of social pressures," notes Adrienne. "They can be themselves, experiment, take risks, operate with a clean slate. They

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Ve can make choices
or ourselves based on
what we really need.
That's a freedom that
eates self-confidence,"
says Nate.



er the chores are done there's time for axing. Kristen and Nate Brooks (*above*) take ns reading to each other from a novel. stin (*right*) puts precious spare time to good by knitting scarves and caps for members he community.

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Against the sweeping backdrop of the mountainous West, three ordinary families place in primitive circumstances form an endearing portrait of American spirit.

made tools, invented games, explored their potential. The girls made their ow cosmetics from charcoal, plants, and lanolin. It's been amazing." Aine an Tracey agree, though they yearn for an odd assortment of modern luxuries

"If I saw an ice cube in the dirt right now," vows Aine, "I'd eat it, n question." Ice cubes notwithstanding, the cousins have proved remarkab adaptable to the demanding life of milking cows, tending chickens, diggin trenches, and hauling firewood. Poised and confident in their battered cotto frocks—clothes that would truly shock their peers—they offer uniqu perspectives on the art of being a teenager. "There's so much more to life tha hanging out at the mall," Tracey says. "I like hard work—I know what it mea to pitch in. I've learned how to ride horses and play music—things I've want to but maybe didn't because it wasn't cool. I can stand up for myself."

"I appreciate my parents so much more now because they've given me much trust," says Aine. "They've seen me be responsible. When a parent trus you, it's cool to be responsible."

Up at the meadow behind their cabin, Gordon points to the empty field a talks about planting crops next year, even though the Clunes will be far aw He can't help it; pioneer existence takes so much foresight and effort that i difficult to break the momentum of careful planning—and hope.

"Back in the twenty-first century," says Gordon, "families often don't ha common goals and purposes. We get scattered—there are too many distractio Here, we work alongside each other, and the kids love it. The end result is the goal; it's the journey that matters. You cooperate, chip in, put your ar around each other when things get tough. That's what makes a family." ⌂

Take a closer look at the experiences of the moms and daughters next month's *Better Homes and Gardens*® magazine. Also, be watchi for the WNET production of *Frontier House* when it airs April 29, 3 and May 1 on PBS stations. Check local listings for times.

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A succulent wreath (*left*)—an enduring garden-in-the-round built on a hidden wire frame—welcomes visitors to Deb Clark's home. It is planted with *Echeveria* and *Sempervivum,* both of which are commonly known as hens-and-chicks, and a creeping ground cover, *Sedum spurium.*

LivingWreaths

by Doug Hall



For Deb Clark, living wreaths are an attractive way to showcase her collection of succulent plants. Succulents are tough, drought-tolerant plants with thick, waxy leaves—"survivors that need no babying," as Deb puts it. Because her wreaths are composed of living plants, they change with the seasons as the plants grow and, in some cases, bloom. In the mild climate of Berkeley, California, where Deb lives, she leaves her wreaths outdoors year-round. In colder climates, succulent wreaths must be brought indoors to a sunny room for the winter.

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Deb doesn't limit her succulent creations to wreath shapes. Beginning with a wire berry basket, she fashioned this heart-shaped "pillow" (*left*) to pose on a garden chair. At its center are tight rosettes of *Sempervivum*. Dragon's Blood sedum weaves a lacy fringe around the edge.



Instead of buying plants when she wants to build a new wreath or refresh an old one, Deb snips a few cuttings from her assortment of container-grown succulents. Her plants, originally perched in sunny kitchen windows, were moved outdoors during a period of remodeling, and Deb discovered the display potential of her unused back steps (*right*). "It was a perfect place to put them," she says. "I don't need to go there more than once a month to take care of them." Although succulents in wreaths will need more frequent watering than those in pots, these arid-climate plants are, by nature, low-maintenance. Other plants that work in living wreaths include herbs, English ivy, and small annuals such as pansies.

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Succulents exist in a diversity of shapes and colors, as shown in this mosaic wreath (*left*). The rosette-shaped plants are waxy, gray *Echeveria*; green and burgundy varieties of *Sempervivum*; and spiky, speckled *Haworthia*. Three types of low-growing sedum spread to fill the gaps.



Deb harvests cuttings (*right*) from her potted succulents, leaving short stubs of stem that can be poked through the wreath's outer layer of moss and into the potting soil core. She makes her cuttings a day or two before adding them to the wreath, allowing the cut ends to heal over. Cuttings root within a couple weeks.

Water a succulent wreath weekly (more often in hot weather, less in winter). Soak the wreath by submerging it in a large basin or an inverted trash can lid for several minutes. Once a month in spring and summer, add some soluble plant food to the water. When displaying your wreath, keep in mind that wood fences, doors, or tabletops need to be protected from the moisture in the moss.

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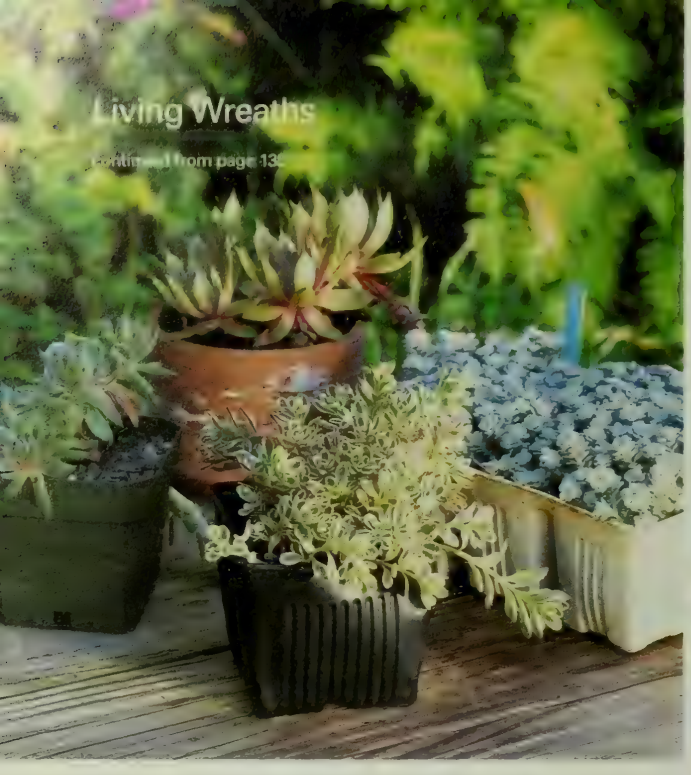
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Continued from page 139



Make a Succulent Wreath

If you don't have access to an extensive collection of succulents like Deb's, make your wreath with potted plants from a garden center (*above*). Succulents that spread but remain small are suited to this project. We started with a 20-inch, two-part wire wreath form and about two dozen assorted plants.

1. Soak one or two pounds of long-fibered sphagnum moss in water for an hour. Squeeze out excess water. (If your skin is sensitive, use gloves while handling sphagnum moss.) Press a one-inch layer of the moss into the trough-shaped form. Leave no gaps. **2.** Fill the cavity with moist potting soil. Remove the succulent plants from their pots and arrange them in the soil. **3.** When you're satisfied with the arrangement, tuck more moss around the plants to seal in the potting soil. **4.** Carefully put the flat top ring of the wreath form over the plants and clip it in place. Secure plants with green florist's wire, if necessary.

If you're using unrooted cuttings instead of pot-grown plants, cover the potting soil with an inch of sphagnum moss and clip on the top ring before adding any plants. Using a pencil, make a small opening in the moss for each cutting. You may need to hold some cuttings in place with florist's wire. Leave the wreath on a flat surface for several weeks before hanging to allow all plants to take root.

Groom your wreath occasionally to replace plants that die or grow too large. With regular care, a succulent wreath will give you years of pleasure.

Buying information, page 260









LONG WITH ALL THE GREAT MEMORIES HAS COME SOMETHING I THOUGHT
O NEVER EXPERIENCE—THE PAIN OF OSTEOARTHRITIS."

—DOROTHY HAMILL

VIOXX IS HERE. 24-HOUR RELIEF OF THE MOST COMMON TYPE OF ARTHRITIS PAIN, OSTEOARTHRITIS.



YOUR RESULTS MAY VARY.

It isn't about going for a medal. Or feeling like a kid again. It's about controlling the pain that can keep you from doing everyday things. And VIOXX may help. VIOXX is a prescription medicine for osteoarthritis, the most common type of arthritis.

ONE PILL—ALL DAY AND ALL NIGHT RELIEF.

You take VIOXX only once a day. Just one little pill can relieve your pain all day and all night for a full 24 hours.

VIOXX EFFECTIVELY REDUCED PAIN AND STIFFNESS.

In clinical studies, once-daily VIOXX effectively reduced pain and stiffness. So VIOXX can help make it easier for you to do the things you want to do. Like going for a morning glide on the ice.

TAKE WITH OR WITHOUT FOOD.

VIOXX doesn't need to be taken with food. So, you don't have to worry about scheduling VIOXX around meals.

IMPORTANT INFORMATION ABOUT VIOXX.

People with allergic reactions, such as asthma, to aspirin or other arthritis medicines should not take VIOXX. In rare cases, serious stomach problems, such as bleeding, can occur without warning.

Tell your doctor if you have liver or kidney problems, or are pregnant. Also, VIOXX should not be used by women in late pregnancy.

VIOXX has been extensively studied in large clinical trials. Commonly reported side effects included upper respiratory infection, diarrhea, nausea and high blood pressure. Report any unusual symptoms to your doctor.

ASK YOUR DOCTOR OR HEALTHCARE PROFESSIONAL ABOUT VIOXX.

Call 1-800-MERCK-30 for more information, or visit **vioxx.com**. Please see important additional information on the next page.

ONCE DAILY

VIOXX®

(rofecoxib)

FOR EVERYDAY VICTORIES.

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Patient Information about
VIOXX® (rofecoxib tablets and oral suspension)
VIOXX® (pronounced "VI-ox")
for Osteoarthritis and Pain
Generic name: rofecoxib ("ro-fa-COX-ib")

You should read this information before you start taking VIOXX®. Also, read the leaflet each time you refill your prescription, in case any information has changed. This leaflet provides only a summary of certain information about VIOXX. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals that contains more complete information. This leaflet does not take the place of careful discussions with your doctor. You and your doctor should discuss VIOXX when you start taking your medicine and at regular checkups.

What is VIOXX?

VIOXX is a nonsteroidal anti-inflammatory drug (NSAID) that is used to reduce pain and inflammation (swelling and soreness). VIOXX is available as a tablet or a liquid that you take by mouth.

VIOXX is a medicine for:
- relief of osteoarthritis (the arthritis caused by age-related "wear and tear" on bones and joints)
- management of acute pain in adults (like the short-term pain you can get after a dental or surgical operation)
- treatment of menstrual pain (pain during women's monthly periods).

Who should not take VIOXX?

Do not take VIOXX if you:
- have had an allergic reaction such as asthma attacks, hives, or swelling of the throat and face to aspirin or other NSAIDs (for example, ibuprofen and naproxen).
- have had an allergic reaction to rofecoxib, which is the active ingredient of VIOXX, or to any of its inactive ingredients. (See Inactive Ingredients at the end of this leaflet.)

What should I tell my doctor before and during treatment with VIOXX?

Tell your doctor if you are:
- pregnant or plan to become pregnant. VIOXX should not be used in late pregnancy because it may harm the fetus.
- breast-feeding or plan to breast-feed. It is not known whether VIOXX is passed through to human breast milk and what its effects could be on a nursing child.

Tell your doctor if you have:
- kidney disease
- liver disease
- heart failure
- high blood pressure
- had an allergic reaction to aspirin or other NSAIDs
- had a serious stomach problem in the past.

Tell your doctor about:
- any other medical problems or allergies you have now or have had.
- all medicines that you are taking or plan to take, even those you can get without a prescription.

Tell your doctor if you develop:
- ulcer or bleeding symptoms (for instance, stomach burning or black stools, which are signs of possible stomach bleeding).
- unexplained weight gain or swelling of the feet and/or legs.
- skin rash or allergic reactions. If you have a severe allergic reaction, get medical help right away.

How should I take VIOXX?

VIOXX should be taken once a day. Your doctor will decide what dose of VIOXX you should take and how long you should take it. You may take VIOXX with or without food.

Can I take VIOXX with other medicines?

Tell your doctor about all of the other medicines you are taking or plan to take while you are on VIOXX, even other medicines that you can get without a prescription. Your doctor may want to check that your medicines are working properly together if you are taking other medicines such as:
- methotrexate (a medicine used to suppress the immune system)
- warfarin (a blood thinner)
- rifampin (an antibiotic)
- ACE inhibitors (medicines used for high blood pressure and heart failure)
- lithium (a medicine used to treat a certain type of depression).

What are the possible side effects of VIOXX?

Serious but rare side effects that have been reported in patients taking VI and/or related medicines have included:

- Serious stomach problems, such as stomach and intestinal bleeding, can with or without warning symptoms. These problems, if severe, could le hospitalization or death. Although this happens rarely, you should wat signs that you may have this serious side effect and tell your doctor right a
- Serious allergic reactions including swelling of the face, lips, tongue, a throat which may cause difficulty breathing or swallowing and whe occur rarely but may require treatment right away. Severe skin reactions also been reported.
- Serious kidney problems occur rarely, including acute kidney failure worsening of chronic kidney failure.
- Severe liver problems, including hepatitis, jaundice and liver failure, rarely in patients taking NSAIDs, including VIOXX. Tell your doctor develop symptoms of liver problems. These include nausea, tired itching, tenderness in the right upper abdomen, and flu-like symptoms

In addition, the following side effects have been reported: anxiety, confusion, depre hair loss, hallucinations, increased levels of potassium in the blood, low bloo counts, palpitations, pancreatitis, tingling sensation, unusual headache with stif (aseptic meningitis), vertigo.

More common, but less serious side effects reported with VIOXX included the following:

Upper and/or lower respiratory infection and/or inflammation
Headache
Dizziness
Diarrhea
Nausea and/or vomiting
Heartburn, stomach pain and upset
Swelling of the legs and/or feet
High blood pressure
Back pain
Tiredness
Urinary tract infection.

These side effects were reported in at least 2% of osteoarthritis pa receiving daily doses of VIOXX 12.5 mg to 25 mg in clinical studies.

The side effects described above do not include all of the side effects reporte VIOXX. Do not rely on this leaflet alone for information about side effects. doctor or pharmacist can discuss with you a more complete list of side effect time you have a medical problem you think may be related to VIOXX, talk t doctor.

What else can I do to help manage my osteoarthritis pain?

Talk to your doctor about:
- Exercise
- Controlling your weight
- Hot and cold treatments
- Using support devices.

What else should I know about VIOXX?

This leaflet provides a summary of certain information about VIOXX. If you any questions or concerns about VIOXX, osteoarthritis or pain, talk to your professional. Your pharmacist can give you an additional leaflet that is writt health professionals.

Do not share VIOXX with anyone else; it was prescribed only for you. It sho taken only for the condition for which it was prescribed.

Keep VIOXX and all medicines out of the reach of children.

Inactive Ingredients:

Oral suspension: citric acid (monohydrate), sodium citrate (dihydrate), s solution, strawberry flavor, xanthan gum, sodium methylparaben, s propylparaben.

Tablets: croscarmellose sodium, hydroxypropyl cellulose, lactose, magn stearate, microcrystalline cellulose, and yellow ferric oxide.

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Joanna Bull, Gilda's Club founder, and Gilda Radner

GILDA'S CLUB WORLDWIDE

Living with cancer?
Come as you are.™

Not so long ago a cancer diagnosis meant a solitary journey into the unknown. Today, there is Gilda's Club, where the expertise of individuals and families touched by cancer is given and received, providing social and emotional support for each other. Gilda's Club is named in honor of comedian Gilda Radner, who, when describing the support she received when she had cancer, called for such places to be made available for people with cancer and their families and friends everywhere.

Gilda's Club is an international network of clubhouses where men, women, teens and children with all kinds of cancer, and their families and friends meet to build support as an essential supplement to medical care.

Each Club offers a free, customized program of support and networking groups, lectures and workshops, and social gatherings that enable members to live life to the fullest, whatever the outcome. People laugh, cry, hug, confront their fears, share their triumphs, learn and grow.

Where to find Gilda's Club

Clubhouses: *Chicago, Detroit, Fort Lauderdale, Grand Rapids, Montreal, Nashville, New York City, Northern New Jersey (Bergen County), Quad Cities (IL), Rochester (NY), Seattle, Toronto, Westchester (NY).*



Gilda's Club Metro Detroit

Fourteen additional clubs are in development. Find them at *www.gildasclub.org*

How to talk with someone living with cancer

- Don't avoid the subject, but be sensitive to cues you're getting
- Talk about the news, everyday things. Enjoy laughter and fun, remembering shared good times
- Ask what you can do to help; then listen and follow through
- Continue to be supportive after the initial treatment period

How you can help someone living with cancer

- Offer to field telephone messages
- Transport the kids to/from school
- Host an outing—picnic, nature walk, scenic drive
- Cheer children on at athletic or other events
- Create a volunteer network of mutual friends

For more information and Gilda's Club locations, visit our Web site at www.gildasclub.org

As a special thank-you to our **sponsors,**

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CHEMO WAS STEALING THE ENERGY NEEDED FOR MY GRANDSON.

NTIL I TALKED TO MY DOCTOR ABOUT GETTING IT BACK.

chemotherapy making you weak? You may be anemic without knowing it. Anemia is a common de effect of chemotherapy; in fact, it affects 7 out of 10 chemotherapy patients. It means your body oesn't have enough red blood cells. This can result in symptoms like extreme tiredness, dizziness, shortness of breath. However, there is an effective medicine. It's called PROCRIT® (Epoetin alfa).

ROCRIT is identical to a substance your body produces naturally. And it helps your body produce d blood cells that can restore your energy. PROCRIT has been proven safe and effective. In trials ly diarrhea and edema occurred more often with PROCRIT than placebo. Please see the following ief summary of Prescribing Information. PROCRIT is available by prescription only and is for tients with most types of cancer, such as breast and lung (non-myeloid). Find out how PROCRIT n treat your anemia and help you get back the strength you need — *your strength for living.*

sk your doctor if PROCRIT is right for you.

all 1.888.387.4428 for your FREE information booklet or visit www.PROCRIT.com

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BRIEF SUMMARY OF PRESCRIBING INFORMATION INDICATED FOR THE TREATMENT OF ANEMIA OF CANCER PATIENTS ON CHEMOTHERAPY

PROCRIT®
EPOETIN ALFA
For Injection

FOR FULL PRESCRIBING INFORMATION FOR ALL INDICATIONS, REFER TO THE *PHYSICIANS' DESK REFERENCE®*

INDICATIONS AND USAGE

PROCRIT® (Epoetin alfa) is indicated for the treatment of anemia in patients with nonmyeloid malignancies where anemia is due to the effect of concomitantly administered chemotherapy. PROCRIT is indicated to decrease the need for transfusions in patients who will be receiving concomitant chemotherapy for a minimum of 2 months. PROCRIT is not indicated for the treatment of anemia in cancer patients due to other factors such as iron or folate deficiencies, hemolysis, or gastrointestinal bleeding, which should be managed appropriately.

CONTRAINDICATIONS

PROCRIT is contraindicated in patients with:

1) Uncontrolled hypertension.
2) Known hypersensitivity to mammalian cell-derived products.
3) Known hypersensitivity to Albumin (Human).

WARNINGS

Pediatric Use: The multidose preserved formulation contains benzyl alcohol. Benzyl alcohol has been reported to be associated with an increased incidence of neurological and other complications in premature infants, which are sometimes fatal.

PRECAUTIONS

The parenteral administration of any biologic product should be attended by appropriate precautions in case allergic or other untoward reactions occur (see CONTRAINDICATIONS). In clinical trials, while transient rashes were occasionally observed concurrently with PROCRIT therapy, no serious allergic or anaphylactic reactions were reported. (See ADVERSE REACTIONS for more information regarding allergic reactions.)

The safety and efficacy of PROCRIT therapy have not been established in patients with a known history of a seizure disorder or underlying hematologic disease (eg, sickle cell anemia, myelodysplastic syndromes, or hypercoagulable disorders).

In some female patients, menses have resumed following PROCRIT therapy; the possibility of pregnancy should be discussed and the need for contraception evaluated.

Hematology: Exacerbation of porphyria has been observed rarely in patients with chronic renal failure (CRF) treated with PROCRIT. However, PROCRIT has not caused increased urinary excretion of porphyrin metabolites in normal volunteers, even in the presence of a rapid erythropoietic response. Nevertheless, PROCRIT should be used with caution in patients with known porphyria.

In preclinical studies in dogs and rats, but not in monkeys, PROCRIT therapy was associated with subclinical bone marrow fibrosis. Therefore, cancer patients should have hematocrit (HCT) measured once a week (QW) until HCT has been stabilized, and measured periodically thereafter.

Delayed or Diminished Response: If the patient fails to respond or to maintain a response to doses within the recommended dosing range, the following etiologies should be considered and evaluated: 1) Iron deficiency: Virtually all patients will eventually require supplemental iron therapy (see Iron Evaluation). 2) Underlying infectious, inflammatory, or malignant processes. 3) Occult blood loss. 4) Underlying hematologic diseases (ie, thalassemia, refractory anemia, or other myelodysplastic disorders). 5) Vitamin deficiencies: folic acid or vitamin B12. 6) Hemolysis. 7) Aluminum intoxication. 8) Osteitis fibrosa cystica.

Iron Evaluation: During PROCRIT therapy, absolute or functional iron deficiency may develop. Functional iron deficiency, with normal ferritin levels but low transferrin saturation, is presumably due to the inability to mobilize iron stores rapidly enough to support increased erythropoiesis. Transferrin saturation should be at least 20% and ferritin should be at least 100 ng/mL.

Prior to and during PROCRIT therapy, the patient's iron status, including transferrin saturation (serum iron divided by iron binding capacity) and serum ferritin, should be evaluated. Virtually all patients will eventually require supplemental iron to increase or maintain transferrin saturation to levels which will adequately support erythropoiesis stimulated by PROCRIT.

Drug Interactions: No evidence of interaction of PROCRIT with other drugs was observed in the course of clinical trials.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: Carcinogenic potential of PROCRIT has not been evaluated. PROCRIT does not induce bacterial gene mutation (Ames Test), chromosomal aberrations in mammalian cells, micronuclei in mice, or gene mutation at the HGPRT locus. In male and female rats treated intravenously (IV) with PROCRIT, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Pregnancy Category C: PROCRIT has been shown to have adverse effects in rats when given in doses 5 times the human dose. There are no adequate and well-controlled studies in pregnant women. PROCRIT should be used during pregnancy only if potential benefit justifies the potential risk to the fetus.

In studies in female rats, there were decreases in body weight gain, delays in appearance of abdominal hair, delayed eyelid opening, delayed ossification, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. In female rats treated IV, there was a trend for slightly increased fetal wastage at doses of 100 and 500 U/kg.

Nursing Mothers: Postnatal observations of the live offspring (F1 generation) of female rats treated with PROCRIT during gestation and lactation revealed decreases in body weight gain, delays in appearance of abdominal hair, eyelid opening, and decreases in the number of caudal vertebrae in the F1 fetuses of the 500 U/kg group. It is not known whether PROCRIT is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when PROCRIT is administered to a nursing woman.

Pediatric Use: See WARNINGS, Pediatric Use.

Pediatric Cancer Patients on Chemotherapy: Published literature has reported the use of PROCRIT in approximately 64 anemic pediatric cancer patients ages 6 months to 18 years, treated with 25 to 300 U/kg subcutaneously (SC) or IV, 3 to 7 times per week. Increases in hemoglobin and decreases in transfusion requirements were noted.

Hypertension: Hypertension, associated with a significant increase in HCT, h been noted rarely in cancer patients treated with PROCRIT. Nevertheless, blo pressure (BP) in patients treated with PROCRIT should be monitored carefu particularly in patients with an underlying history of hypertension or cardiovascu disease.

Seizures: In double-blind, placebo-controlled trials, 3.2% (N=2/63) of patie treated with PROCRIT and 2.9% (N=2/68) of placebo-treated patients had seizur Seizures in 1.6% (N=1/63) of patients treated with PROCRIT occurred in context of a significant increase in BP and HCT from baseline values. However, b patients treated with PROCRIT also had underlying CNS pathology which may h been related to seizure activity.

Thrombotic Events: In double-blind, placebo-controlled trials, 3.2% (N=2/63) patients treated with PROCRIT and 11.8% (N=8/68) of placebo-treated patients h thrombotic events (eg, pulmonary embolism, cerebrovascular accident).

Growth Factor Potential: PROCRIT is a growth factor that primarily stimulates cell production. However, the possibility that PROCRIT can act as a growth fac for any tumor type, particularly myeloid malignancies, cannot be excluded.

ADVERSE REACTIONS

Adverse experiences reported in clinical trials with PROCRIT in cancer patie were consistent with the underlying disease state. In double-blind, place controlled studies of up to 3-months duration involving 131 cancer patie adverse events with an incidence >10% in either patients treated with PROCRI placebo-treated patients were as indicated below.

Percent of Patients Reporting Event: Event followed by Patients Treated V PROCRIT (N=63) first, Placebo-Treated Patients (N=68) second:
Pyrexia 29%, 19%; Diarrhea 21%,[a] 7%; Nausea 17%,[b] 32%; Vomiting 17%, 1
Edema 17%,[c] 1%; Asthenia 13%, 16%; Fatigue 13%, 15%; Shortness of Bre 13%, 9%; Paresthesia 11%, 6%; Upper Respiratory Infection 11%, 4%; Dizzin 5%, 12%; Trunk Pain 3%,[d] 16%.
[a]P=0.041; [b]P=0.069; [c]P=0.0016; [d]P=0.017.

Although some statistically significant differences between patients treated PROCRIT and placebo-treated patients were noted, the overall safety profil PROCRIT appeared to be consistent with the disease process of advanced can During double-blind and subsequent open-label therapy in which patients (N=72 total exposure to PROCRIT) were treated for up to 32 weeks with doses as hig 927 U/kg, the adverse experience profile of PROCRIT was consistent with progression of advanced cancer.

Based on comparable survival data and on the percentage of patients treated PROCRIT and placebo-treated patients who discontinued therapy due to de disease progression or adverse experiences (22% and 13%, respectively; P=0 the clinical outcome in patients treated with PROCRIT and placebo-treated pati appeared to be similar. Available data from animal tumor models and measure of proliferation of solid tumor cells from clinical biopsy specimens in respons PROCRIT suggest that PROCRIT does not potentiate tumor growth. Neverthel as a growth factor, the possibility that PROCRIT may potentiate growth of s tumors, particularly myeloid tumors, cannot be excluded. A randomized contr Phase IV study is currently ongoing to further evaluate this issue.

The mean peripheral white blood cell count was unchanged following PRO therapy compared to the corresponding value in placebo-treated group.

OVERDOSAGE

The maximum amount of PROCRIT that can be safely administered in sing multiple doses has not been determined. Doses of up to 1500 U/kg 3 t weekly (TIW) for 3 to 4 weeks have been administered to adults without any c toxic effects of PROCRIT itself. Therapy with PROCRIT can result in polycyth if the HCT is not carefully monitored and the dose appropriately adjusted. suggested target range is exceeded, PROCRIT may be temporarily withheld the HCT returns to the suggested target range; PROCRIT therapy may the resumed using a lower dose (see DOSAGE AND ADMINISTRATION). If cythemia is of concern, phlebotomy may be indicated to decrease the HCT.

DOSAGE AND ADMINISTRATION

Baseline endogenous serum erythropoietin levels varied among patients in t trials with approximately 75% (N=83/110) having endogenous serum erythrop levels <132 mU/mL, and approximately 4% (N=4/110) of patients ha endogenous serum erythropoietin levels >500 mU/mL. In general, patients lower baseline serum erythropoietin levels responded more vigorously to PRO than patients with higher erythropoietin levels. Although no specific serum ery poietin level can be stipulated above which patients would be unlikely to respo PROCRIT therapy, treatment of patients with grossly elevated serum erythrop levels (eg, >200 mU/mL) is not recommended. The HCT should be monitored weekly basis in patients receiving PROCRIT therapy until HCT becomes stabl

Starting Dose: The recommended starting dose of PROCRIT for adults is 150 SC TIW. For pediatric patients, see PRECAUTIONS, Pediatric Use.

Dose Adjustment: If the response is not satisfactory in terms of red transfusion requirements or increasing HCT after 8 weeks of therapy, the do PROCRIT can be increased up to 300 U/kg TIW. If patients have not respo satisfactorily to a PROCRIT dose of 300 U/kg TIW, it is unlikely that they will res to higher doses of PROCRIT. If the HCT exceeds 40%, the dose of PROCRIT s be withheld until the HCT falls to 36%. The dose of PROCRIT should be re by 25% when treatment is resumed and titrated to maintain the desired HCT. initial dose of PROCRIT includes a very rapid HCT response (eg, an increa more than 4 percentage points in any 2-week period), the dose of PROCRIT s be reduced.

STORAGE

Store at 2° to 8°C (36° to 46°F). Do not freeze or shake.

◆

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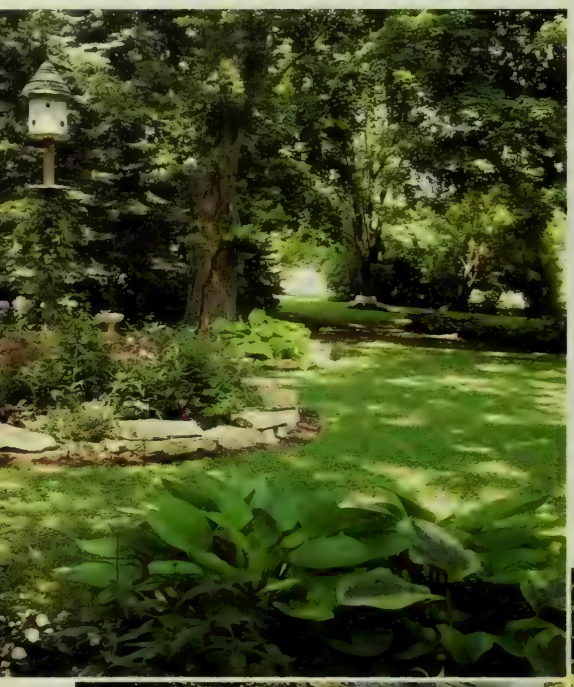
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cottage casual

by Craig Summers Black



To this day, Debra Phillips will close her eyes and think of England. Then again, when she's out in her garden, she can keep her eyes open and think England just the same. Seems Debra was once a credit manager and in sales—"but it wasn't soul-satisfying"—so she up and quit, then flew to England to look at gardens. "I went there to study, but not school study," she says. "I went to hook up with private cottage gardeners." And she noticed a difference. "Here, we sit on a patio or deck and view our gardens from a distance. Theirs are an extension of their homes. They make little rooms by putting trellises right in the middle of something. They'll put chairs in and amongst the flowers. They don't think you should see all of a garden at once. There should be surprises." So Debra returned, converted her suburban Chicago acreage into a slice of Chelsea, began a garden design business, and listened for doves. "When I hear them cooing, I feel like I am back in England."







Debra installed a sitting area by the front door (*above*) and a dining area out back (*right*) at her Wayne, Illinois, home. She grows 800 antique roses and scores of heirloom flowers, but relies on foliage. Says Debra, "Flowers are fleeting. Foliage is forever."

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carefree crab apples

There are no underwhelming crab apple trees. The simple fact of the matter is that any crab apple in bloom is a beautiful thing, usually breathtakingly so. Where things get dicey with crabs is later on in the season, say July, when many older varieties go through some rather wretched transformations, often losing all their leaves. We're not talking about a glorious fall here—this is a premature defoliation, a pile o' diseased mess. But, thankfully, a new generation of crab apples (like this Prairifire, *above*) has been developed in the last couple of decades that eliminates just about all this unsightly muss and fuss. Plant a crab from this list (call them the Great Eight) and you and your landscape can enjoy four seasons of crab apple wonder—with none of the crab apple woe.

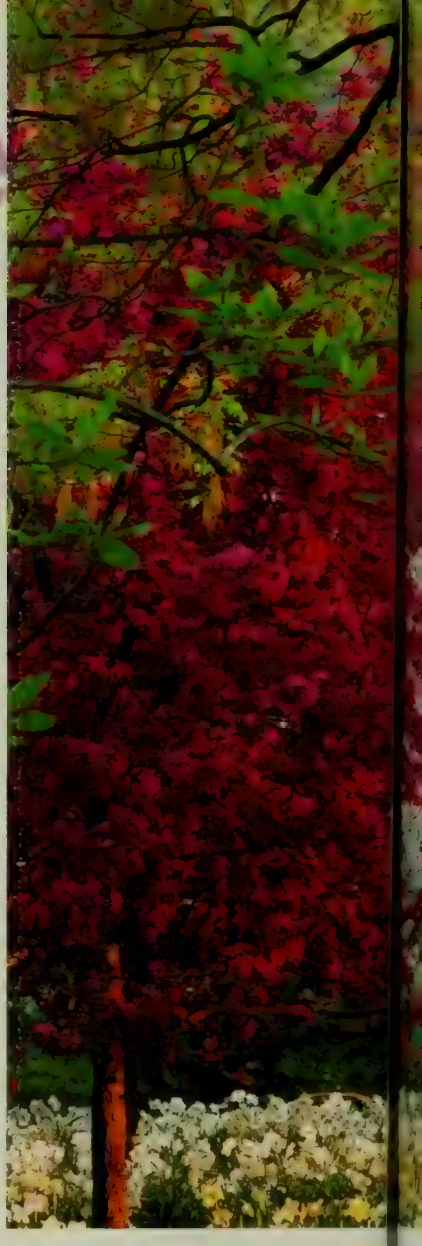
by Craig Summers Black
photographs by David McDonald and Janet Mesic Mackie

crab apple blossoms

Crab apples make great sense as ornamental landscape trees. Besides their bounty of blossoms, they are usually fragrant. They decorate your lawn when the flower petals start to drop, artfully arrayed in a soft, colorful carpet. The fruit—those cherry-size apples—can be quite colorful as well, more attractive than the more-celebrated holly berry. Some gardeners choose their crab trees more for the color of the fruit than for the color of the blossom, reasoning that while a crab apple blooms for only a couple of weeks in spring, the ornamental fruit lingers sometimes for months.

These trees are also a sensible size for home gardens. They are fairly small, usually about 20 feet tall with similar spread, so they don't dominate a yard, overpower a house, or grow into power lines (only to end up butchered in the name of safety). And easily winter hardy to 20° below zero and colder.

Crab selection is made easy in that most of the culprits with their nasty habits are no longer on the market. If you buy a crab apple today, it won't go sour on you. Still and all, we like the eight varieties listed here best.



Prairifire

The red blossoms of two Prairifire crabs bookend another, contrasting, ornamental tree. Prairifire is one of the newer crabs, and already one of the most popular. Its purple- and red-tinged leaves are as colorful as its blossoms and fruit. Highly recommended.

To order crab apples, see page 158

Adams



A round, spreading tree 20 feet tall, 15 feet wide. Blooms late mid-season.

Bob White



A dense, rounded tree 20 feet high and 30 feet across. Early mid-season.

Red Jewel



An upright, oval form 20 feet tall and 15 feet across. Late mid-season.

Adirondack



Small and upright, up to 15 feet tall with a spread less than 10. Blooms lat



Inter Gold



ramid shaped, maturing 25 feet tall and 20 feet de. Blooms late.

Prairifire



Upright and spreading, 20 by 20 feet. Attractive bark in winter. Late.

Professor Sprenger



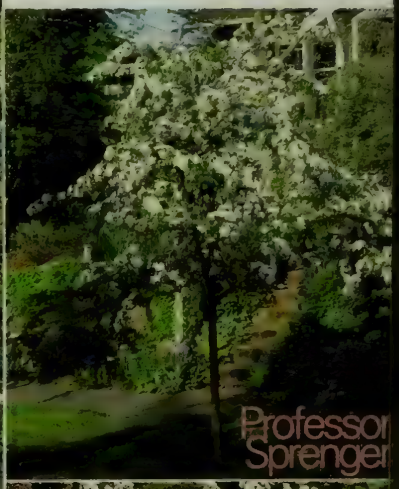
A rounded form, also 20 by 20. Fruit persists in winter. Late mid-season.

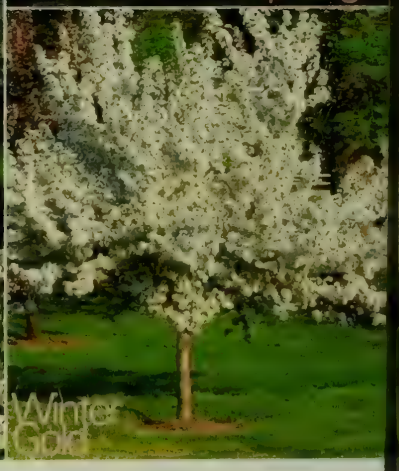
Red Jade



A weeper, about 10 feet tall, spreading to 25 or more. Early mid-season.







crab apple trees

Yes, crab apple trees are closely related to regular old apple trees. And "crab"? One definition o the word is "sour," and if you've ever tasted the fruit of a crab apple you will understand. And yo now know why you do not call the cherry-size fruit of the crab apple tree "crabs." "Berries" if yo must, "fruit" certainly, but never "crabs." As you can see, the fruit presents itself in far more colo than do the blossoms. Here is everything from lime green to clear yellow, from orange to candy gloss red. Two-tone fruit is not unusual either. Weeping varieties of crab apples look especiall imposing, touseled limbs decorated in their fruitful finery.

continued on page 1



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Carefree Crab Apples

continued from page 154









crab apple

fruit

Because of the crab apple tree's sensible size, this ornamental lends itself admirably to grouping Throw another flowering tree into the mix—a dogwood maybe, a magnolia, or a flowering pear- and you shift both palette and timing. Picture this succession: a white Callery pear, followed l a yellow Butterflies magnolia, then the red of a Prarifire crab. *Nice*.... Crabs are sun lovers, b can be placed at the fore of taller shade trees. And because they can be purchased and planted bar root (yes, that means without soil or pot), 3- to 6-foot trees can be bought fairly inexpensive Bare-root tree—no dirt! no pots! no excess weight!—are cheaper to ship, meaning you can b by mail order at a reasonable rate, choosing from a greater variety, and at a respectable size.

continued on page 1



PAMELA HANSON

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Carefree Crab Apples

continued from page 156









The problem remains, however: What do you do with the inheritance of a disease-plagued grandpa's-generation crab apple tree? Well, you can institute an incessant fungicidal spraying program, but it's tiresome, costly, messy, and not particularly nice to Mother Nature. It makes much more sense to (brace yourself) cut the dang thing down, and replace it with one of the new trouble-free varieties. Better yet, replace it with two or three.

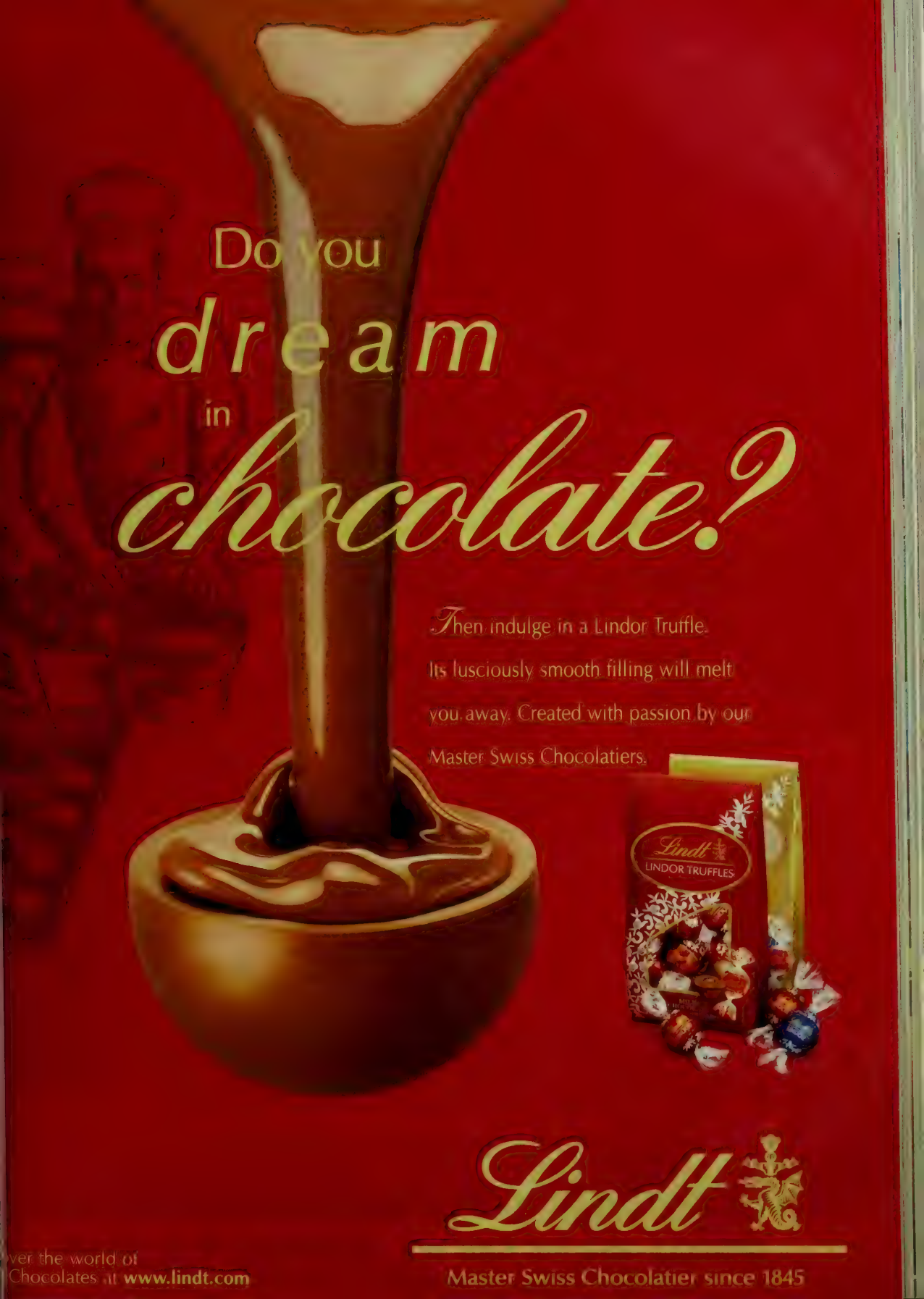
Buying information, page 2

TO ORDER CRAB APPLES

We've done the shopping for you! You can order the eight varieties of crab apple trees featured in this story directly from *Better Homes and Gardens®* magazine. Mix and match varieties to create a colorful spring landscape or a rainbow of fruit colors. Tree varieties available include Adams, Bob White, Red Jewel, Adirondack, Winter Gold, Prairifire, Professor Sprenger, and Red Jade. Flowers are pictured on *pages 152 and 153*; fruits are pictured on *page 156* and *above*.

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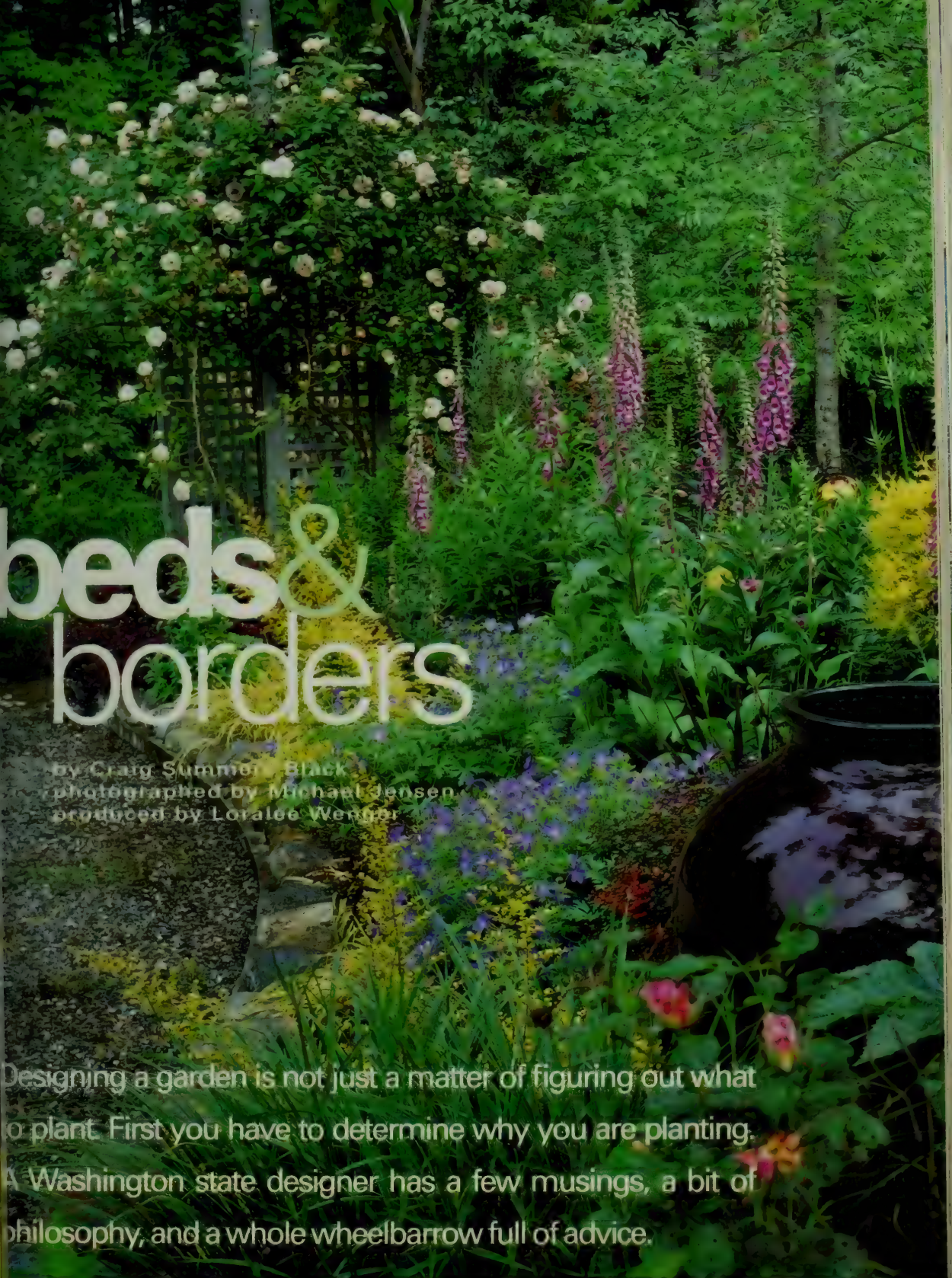

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beds & borders

by Craig Summers Black
photographed by Michael Jensen
produced by Loralee Wenger

Designing a garden is not just a matter of figuring out what to plant. First you have to determine why you are planting. A Washington state designer has a few musings, a bit of philosophy, and a whole wheelbarrow full of advice.



For every bed and every border, there must be a reason. Wendy Burroughs—self-taught gardener turned sought-after design pro—says you have to figure out that *raison d'être* before you even shape the garden. "Is it an entry garden?" she asks. "Does it have to have a high-season splash of color? Are fall and winter interest important? Does it need to be low-maintenance?" More questions: "Do you want a specific kind of bed or border: English cottage garden? Mediterranean? Are deer a problem? Is water?" Only once you have asked yourself all these

thing—although I'm trying."



Garden designer Wendy Buttrick was a pro. "I was so naive," she says. "If I can learn, anyone can." She and her dog, Camelia, tend five acres on Bainbridge Island, Washington.

questions, and more (and, yes, answered them), can you begin to plan the shape of your gardens, Wendy says. And only after *that* can you start to figure out what plants you want and where you want them.

Wendy's drive-side bed and border started out as shade gardens. Then a violent winter windstorm felled many of the 80-foot firs towering above her plantings. So the shade gardens had to become sun gardens. And the plants had to be removed and replaced. Is your planting area in shade or sun?—another question to ask yourself.

"Everything I originally put



Baggessen's Gold honeysuckle, Crimson Pygmy barberry, Johnson's Blue geranium, and a yellow sedge (*left*) display Wendy's weakness. "I have this yellow and purple thing," she says.

An edged brick path (*right*) diverges just as you come upon the maplelike leaves of yellow wax-bells (*kirengeshoma*), which flowers chest-high later in the season.

Wendy has another tip for you. You'll like this one especially.

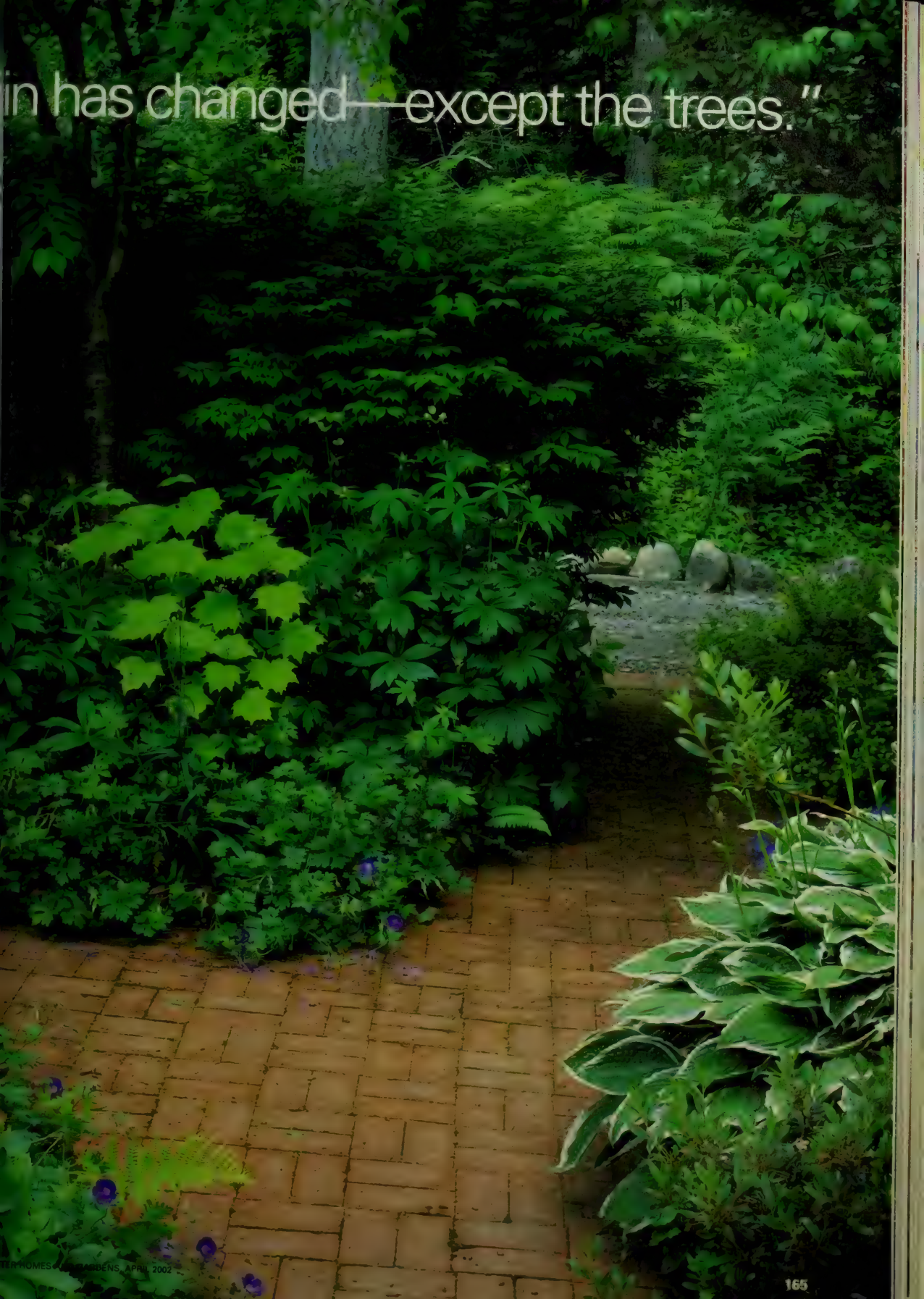
"It's never a bad thing to make mistakes," she says. "You learn by trial and error. I am completely self-taught by my mistakes. I don't mind—I'm not a perfectionist. When something doesn't work, I change it."

If you need to move a plant, move it. "But after I move a plant three times, it goes into the compost pile." Because sometimes a perfectly good plant turns out to have no earthly reason for being in your yard. "If it doesn't look good, excuse it from the garden," she says. "I used to have a big moral problem with that. Then I took out six crab apples."

And Now a Few Words About Edging

Wendy first edged her oval island bed with rocks she collected on the property. Funny thing though—weeds don't know they aren't supposed to grow in and among stones. In fact, weed seeds *like* to lodge there. Worse, it is hard to weed out rogues around and under rocks. So what started out as a weed-suppressant idea became a weed-germination nightmare. Solution: Wendy pulled back the stones, had a concrete barrier laid, and set the stones back in the concrete.

If you have flowerbeds next to your lawn, edging (such as flat stone or bricks) can provide double duty. This soil-level barrier not only keeps your lawn and your perennials from encroaching on each other's turf, but also acts as a mowing path. Run the wheels of one side of your mower right on top of the stone or brick. The grass will be cut at a uniform height, and there will be no telltale line of towering stragglers along the edging. Nope, no hand shears or weed trimmers needed.


in has changed—except the trees."


'Now I walk out there and every week

there's a new diva in my garden."



A Royal Purple smoke bush, gold hakone grass, Purple Palace coral-bells, and nandina provide a porthole view of a scalloped birdbath (*far left*). Textures and varied layers unite this almost tropical scene. A Coral Charm peony (*near left*) lends an old-fashioned cottage garden air.

Wendy's entry gardens are turf-free, but the island bed is traversed by un-mortared brick paths for access and enjoyment (*below*). Besides the now finished brick-laying and concrete work, Wendy does all the gardening herself.

One more thing, Wendy says. Perennials aren't the only answer. Make sure to integrate trees and shrubs into your herbaceous beds and borders.

Wendy started her drive-by border with a triangular anchor of trees—cherry, magnolia, and liquidambar. Then she introduced a slow-growing conifer—a golden Hinoki cypress—which gave a yearlong glow to her wonderful garden.

The addition of trees and shrubs does two things. One, it gives layers to your garden. The beds rise from the ground-huggers to the coif-toppers, a must if your backdrop is—as it is for Wendy—filled with tall objects. But, two, the structural aspect of the woody plants gives you something pleasing to look at in the off-season—that oft-bandied term "winter interest."



From the Beginning: Think About Your Soil Before You Plant

Back in 1988, Wendy's five-acre property was "choked with woods," she says. "I grew up in the woods, but this was 8 feet of debris, tree trunks piled high. There was no light—not even blackberries could grow there." When she had the trees thinned, "it was the biggest land-clear the guy had done on the island." The marketable logs were taken out, and the rest of the stumps, logs, and forest debris was burned. "My husband could see the fire from his office in Seattle. It burned for a week." Then came the storm of '93, and shade turned to sun. "I was so naive: I bought packets of seed and scattered them in the turnaround without amending the soil or anything." Pffft: zilch. So she amended the soil with peat from an island bog. "They brought it in by the truckload. It was goopy, oily, thick pudding," she recalls. "And hard to work with. But it worked like steroids on my plants. Now I always spend as much in soil amendments as I do in plant material."



"In winter, when everything else is gone, those architectural plants are still holding it all together," says Wendy. "I just love four-season borders." If you plan well, she says, you will include some colorful berries; trees with striped, peeling, or glossy bark; yellow and blue evergreens; broadleaf evergreen shrubs; and deciduous woodies with interesting branching habits.

"I haven't completely eliminated all-perennial gardens," Wendy says. "I have some clients who still want them."

Why Wendy Likes to Think Big

Seasoned gardeners know to do things in a big way. Paths shouldn't be a stingy 2 or 3 feet wide; that's a dog path. Paths should be 5 or even 6 feet wide. Two people should be able to walk side by side without tripping over each other. Benches, if they are to accommodate anyone but love-struck teens, should be

continued on page 170

Common lamb's-ears and Calla lilies brightly signal the entrance to a curving brick path. The lollipop gloss of Forest Pansy redbud foliage (*far right* in the photo) anchors the bend in the walkway.

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Beds & Borders

continued from page 168

5 or 6 feet wide. For two more level-headed people to sit agreeably, 4 feet is too close for comfort. Elbows collide; drinks get spilled.

And then there are flower borders. "I used to think of borders as 4 feet deep," Wendy says. "Now I make mine 10 to 12 feet deep." That's how you get all those ornamental trees and flowering shrubs in there. And, says Wendy, "It really knocks your socks off."

A Few Parting Words From Wendy

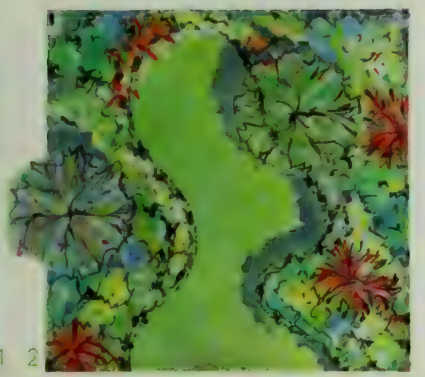
- Put some edibles in your landscape. "The kids graze all summer long, and we have apples all winter."
- Plant lots and lots of euphorbias. "I just love every one of them. They're especially good in flower arrangements."
- And don't spend too much on your garden too soon. "I first bought inexpensive trees like you can get from any drugstore. They were like pencils. When a local nursery moved, I pulled trees out of their Dumpster. I learned on cheap plants and moved up from there."

garden plans

Beds and Borders in Your Backyard

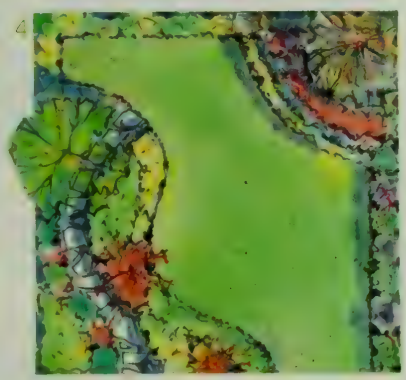
Most yards start out as a standard rectangle. It is up to you to break out of the box. But unlike Wendy's garden, yours probably needs to have some lawn. Kids, croquet, whatever. Here are four starting points (*page 171*) to get you thinking about what kind of shape or shapes you might want to impose on your landscape. Rather than just line the edge of the property with a hedge, think of the boundary as opportunity for border gardens. And maybe that's all the gardening you want to do. For now. But gardening has a way of becoming an itch you just can't help but scratch, and somewhere along the line you may decide more is better. The shape you stamp on your backyard is one of the greatest injections of personality you can make on your garden. Just remember: These shapes should have a reason too. Think: How do I use my yard?





1 2





3 4

garden plans

Plan 1: The Garden Retreat

This plan features a wide flower border on the left and an entertaining area (or a spot for seclusion) way out back.

Plan 2: The Cottage Garden

An ambling, free-form lawn seeps like a slow river through undulating flowerbeds. Ah, to be in England.

Plan 3: The Formal Garden

Circular turf areas give strong geometry in a dramatic space. Ample areas are provided for ornamental plantings.

Plan 4: Room for Kids

Here children can get up a full head of steam and still avoid trampling on the flowerbeds. So they can play while you plant.

Buying information, page 260

For more garden plans, visit www.bhg.com/gardenplans



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by Cynthia Pearson photographs by Sam Gray produced by Catherine Kramer

rooms that soothe

Susanne Caliendo grew up at her mother's side, helping Mom create a welcoming, comfortable family home. Now Susanne's the mom, and putting together a beautiful home—a stage for her family's life—is her ever-constant expression of love, comfort, and joy.



Pattern and texture cozy up the parlor, where chairs and a sofa in butter-hued fabrics circle a Duncan Phyfe-style table. Walls striated in white and soft blue add subtle contrast to the mostly monochromatic scheme.


The Ultimate Rose Book



Though rich in tradition, the house is filled with a youthful spirit.



Phil and Susanne Caliendo's 1833 Greek Revival home in Duxbury, Massachusetts, needed some love and care when they moved in four years ago. Originally a bank, the structure had long since been remade into a duplex before the couple purchased it. Then, their thoughtful renovations gave the building a third life. The result? The Caliendos claimed a top decorating prize in our Home Improvement Contest. More important, their home is the welcoming, stay-awhile place that they dreamed it could be.

Susanne is the family's decorator. She adores the task, and Phil and the kids are her trusting, enthusiastic fan club. "We spend so much time here, as a family and with friends. I want a home that's inviting and comfortable," she says. For her, that means a look that leans toward traditional, "though I like finding things that are a little unexpected."

The Caliendos step outside to Duxbury Bay and the Bluefish River, where Ben, 5, Drew, 6, and Eva, 2, like joining Mom and Dad to fish off a paddleboat and hunt for crabs. Indoors, red walls, a massive Oriental rug, and an imposing black marble fireplace set the proper traditional tone for the family's formal dining room. But look closer and you'll see some of Susanne's lighthearted touches: a sparkling crystal pineapple atop the chandelier, dancing ball fringe on toile jabots, and a sprinkling of roses on chair seats.



Toasty mocha walls and ocher velvet draperies frame magnificent sunsets on one end of a living room designed for conversation or play. The game side and its bar-height furnishings flow easily into a putty-and-peach-hued fireside sitting area. Red tones—on the pool table's felt and the sitting area's upholstery—help link the areas.

Boat models, paintings, beach finds, and shell wreaths give the living room a waterside ambience. The ladybug print valance at the fireplace window (*far right*) is just pure fun.

Critical structural changes were required before Susanne could work her magic. Rooms had to be gutted and entryways widened to reintegrate chopped-up spaces. Work took two long years of living with construction dust, but gave Susanne time to perfect her decorating scheme. Throughout the house, old furnishings mix with new, and dark woods blend with white-painted pieces. Rooms are woven together with a color scheme of restful pastels punctuated by vibrant red and raspberry. Window treatments are purposefully minimal to play up the exquisite views of boats cruising the bay.




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by Shawn Gilliam



sunny surprises

These may look like conventional additions from the outside. But on the inside they wow you with light—proving that big windows aren't needed for big sun.













warm and cozy, with a woodsy view

Seventy acres of thick woods lie just beyond Jan and Bryan Nissley's Scotia, New York, backyard. But until recently, Bryan says, "It was an environment we weren't taking advantage of. By building a sunroom rather than a deck, we extended the season to a year-round experience." The addition also landed the couple a merit prize in our Home Improvement Contest.

Although Jan and Bryan chose an octagonal-shaped design reminiscent of a gazebo, they didn't want the sunroom to feel like an outdoor structure that was simply fitted with windows and filled with furniture. The birch ceiling—finished with a golden oak stain to accentuate the grain—matches oak woodwork throughout the couple's home. Likewise, the cream-colored ceramic tile and wall paint complement the neutral finishes used in nearby rooms.



These colors also glow warmly in the sun, thanks to four windows and a pair of French doors. "We knew that windows were important, but that if we went too far, we would create that glass-house effect," Bryan says. "We would also lose wall area, which is important from a decor standpoint. We wanted to create something that was part of the house, not a screened-in porch."



Bryan and Jan Nissley, with Fala (*right*), enjoy breakfast at a café table nestled into one corner of their octagonal sunroom (*far right*). Despite the room's unconventional shape, it harmonizes with the original house (*above*) because roofing and siding materials match.

So the Nissleys chose 40×70-inch casement windows that scoop up the sunshine and scenery without overwhelming the space. The simulated divided-light units feature a muntin grid that matches some of the home's other windows. They were installed at a "puppy height," so cocker spaniel Fala can look out at the backyard. She joins Jan and Bryan in keeping an eye on deer, rabbits, blue jays, hummingbirds, and other wildlife neighbors.



PHOTOGRAPHS: TOM MCWILLIAM. PROJECT PLANNER: BRIAN TABER, SCHRADER AND COMPANY, INC. DESIGNER: DAVID MANSFIELD, D.R. MANSFIELD DESIGN. REGIONAL CONTRIBUTOR: KARIN LIDBECK





French doors merge the kitchen with the sunroom addition. Even when closed, the doors let light slip into the rest of the house. On the outside, the same styles of siding and roofing tie everything together (*opposite top*).



casual, clean-lined getaway

In most parts of the country, one weather extreme or another limits the use of decks and patios to a few months annually. So when 15 years of snow, ice, heat, and humidity got the best of Amy and Jeff Conklin's Iowa City, Iowa, deck, they opted to replace it with a sunroom they could enjoy all year long. Their addition also won a Home Improvement Contest merit prize.

The new room's clean lines help it meld with the original ranch-style home, both inside and out. Crisp white walls and woodwork, a ceramic tile floor, and seven windows provide the interior with "sunroom" qualities. But for comfort's sake, the room taps into the home's furnace and central air-conditioning ducting and is equipped with a gas fireplace. "I also wanted it to have comfortable seating," Amy says. "If you're tired, you'll fall asleep on this couch."

Amy treats the sunroom as a getaway from household activity. And although the French doors shut out the noise from the rest of the house, they still allow her to peek into the kitchen and living room. The room's best means of escape, however, is toward the windows in the other direction: a view toward a clover field and the countryside beyond.





Amy and Jeff Conklin, relaxing with daughter Cassie (*below left*), can enjoy their sunroom even when it's cold, thanks to a direct-vent gas fireplace (*below center*). When it's dark outside, they just turn on the lights concealed behind the top edge of a perimeter soffit (*below right*).

PHOTOGRAPHS: MICHAEL GARLAND. INTERIOR DESIGNER: JEFFREY DRAKER. CONTRACTOR: CHUCK SIMMONS, AHREN'S CONCRETE

a porch for all seasons

Their old screen porch was just the spot for Priscilla and Steve Amberson to enjoy breezy summer days. So when the couple decided to add a family room onto their Richfield, Minnesota, home—and had no choice but to tear out the old structure—they set a strategy to replace it. The new version would have all the charm of the old, but it would be better: It would be a year-round place for their family. "We weren't looking for perfection," Priscilla says. "We wanted it to look like our old porch." The Ambersons' efforts were impressive, however, winning them a Home Improvement Contest merit award.



The sunroom's design and construction was a family affair. Priscilla and Steve drew up the plans with help from Priscilla's brother, who is a cabinetmaker. Steve, who has a construction background, and son Nate, a landscape designer, worked together to build the addition and meld it with their home and the surrounding environment. The sunroom's traditional features include a railing-enclosed flat roof that complements the home's Colonial style. The roof overhangs the sunroom by 5 feet, creating a porch and allowing the windows beneath to stay open during thunderstorms. But the roof doesn't get in the way of the low-on-the-horizon winter sun, which floods the room with warm light even when it's cold outside.

The simulated-divided-light, double-hung windows feature a muntin grid that matches the home's existing window style. The muntins are sandwiched between the double glazing so that the windows collect less dust and are easier to clean. After all, the Ambersons built the sunroom for relaxing, not for cleaning.





Steve and Priscilla Amberson's 5×13-foot porch (*right*) boosts the addition's curb appeal (*above*). A brick path and picket fence (*below right*) also help the structure blend with its surroundings and complement the white beadboard interior (*opposite*).





It's windows instead of wallboard for two of the sunroom's walls—a move that pulls off a screen-porch look. The 39x64-inch wood units feature energy-efficient double panes.





To complete the quintessential sunroom look, the Ambersons furnished the space with white wicker furniture (*left*) and country-style accessories (*above*) that they found at garage sales and discount stores.

Buying information, page 260

For more sunroom ideas, visit www.bhg.com/porches

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spring chicken

That giddy grin is contagious. One sure way to catch it is by crunching into the ultimate finger food: fried chicken. Or, find your bliss by munching on tandoori, kabobs, or scallopini.

by Jeanne Ambrose Photographs by Alexandra Grablewski

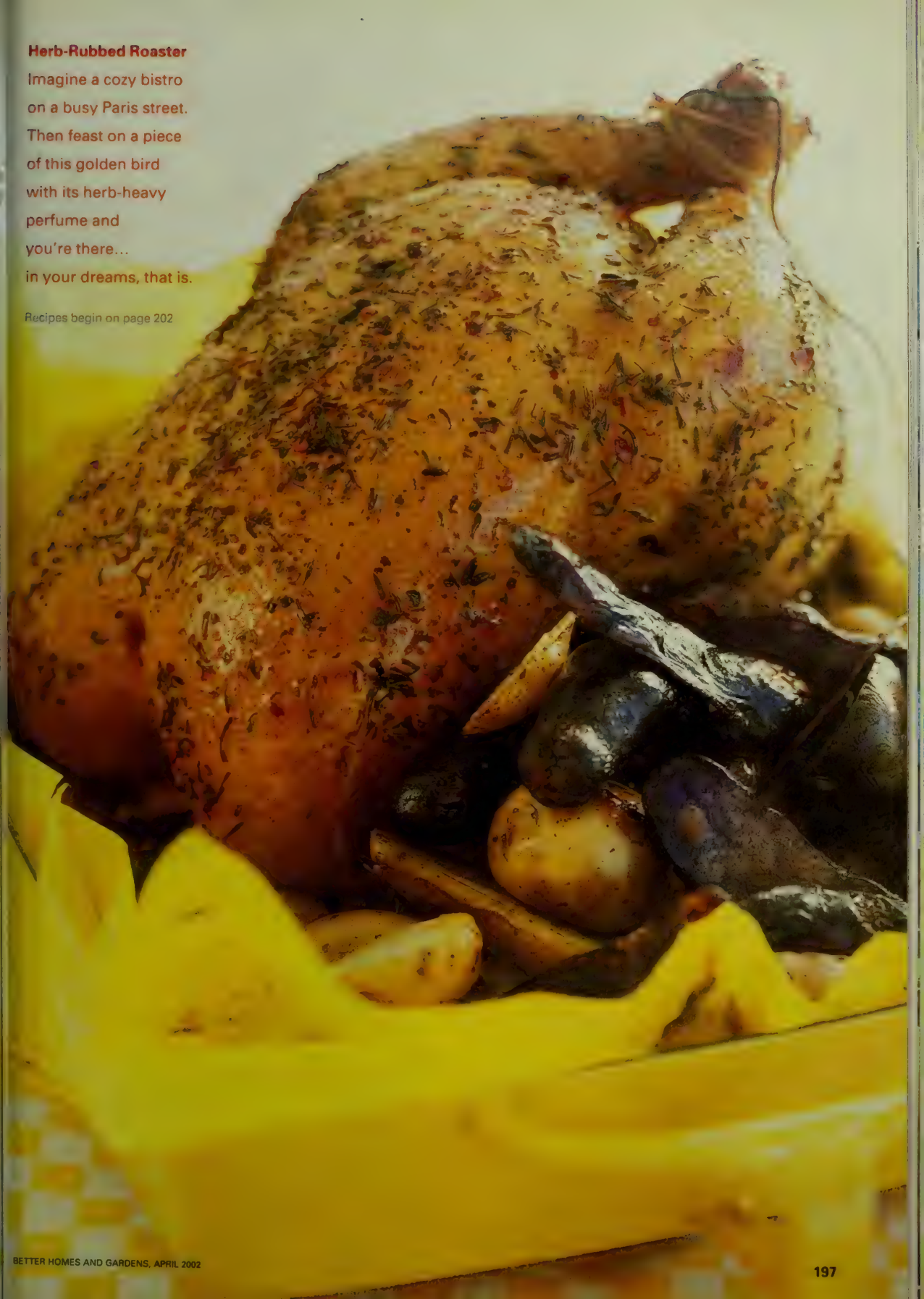


Chicken Cobbler
Call it your own little pot of gold. Hidden beneath that big biscuit dome are spring peas and a chicken thigh along with a tarragon sauce that insists on being sopped up.

Herb-Rubbed Roaster

Imagine a cozy bistro on a busy Paris street. Then feast on a piece of this golden bird with its herb-heavy perfume and you're there... in your dreams, that is.

Recipes begin on page 202







1 2
3



1. Mushroom-Smothered Chicken: The chunky sauce is over the top in more ways than one. It's one of those little extras that goes to flavorful extremes. We're talking onions, garlic, and mushrooms enhanced with white wine and herbs. And, of course, the chicken soaks up all that good stuff.

2. Chicken and Sausage Kabobs: Once this meaty duo marinates in a lime-and-oregano mixture, you're on your way to an extraordinary combo. But there's more: a yummy homemade ranch-style sauce for dunking.

3. Ravioli Chicken Soup: Our version of chicken noodle soup gets spruced up for spring. Check out the baby spinach flopped on top of the garden-veggie ravioli. Best of all, you can have it on the table in about 25 minutes.

4. Guava-Glazed Chicken: A glossy sweet-hot tropical nectar gets slathered over this grilled temptation. We're trying a new technique here too. It involves snipping out the backbone of a chicken, then flattening the whole thing before plopping it in one piece on the barbecue. It's a faster method of cooking an entire bird.

5. Spring Chicken Scallopini: Here's one quick chick for you. Each fashionably thin piece sizzles in the skillet for a mere six minutes or so. Then it's finished off with a classy white wine-butter sauce and a handful of mixed herbs.

6. Tandoori Chicken Burger: The spice is right in these grilled ground chicken temptations that mimic the classic flavors of India. For a crisp exclamation point, pile on minty cucumbers and onions.

Recipes begin on page 205









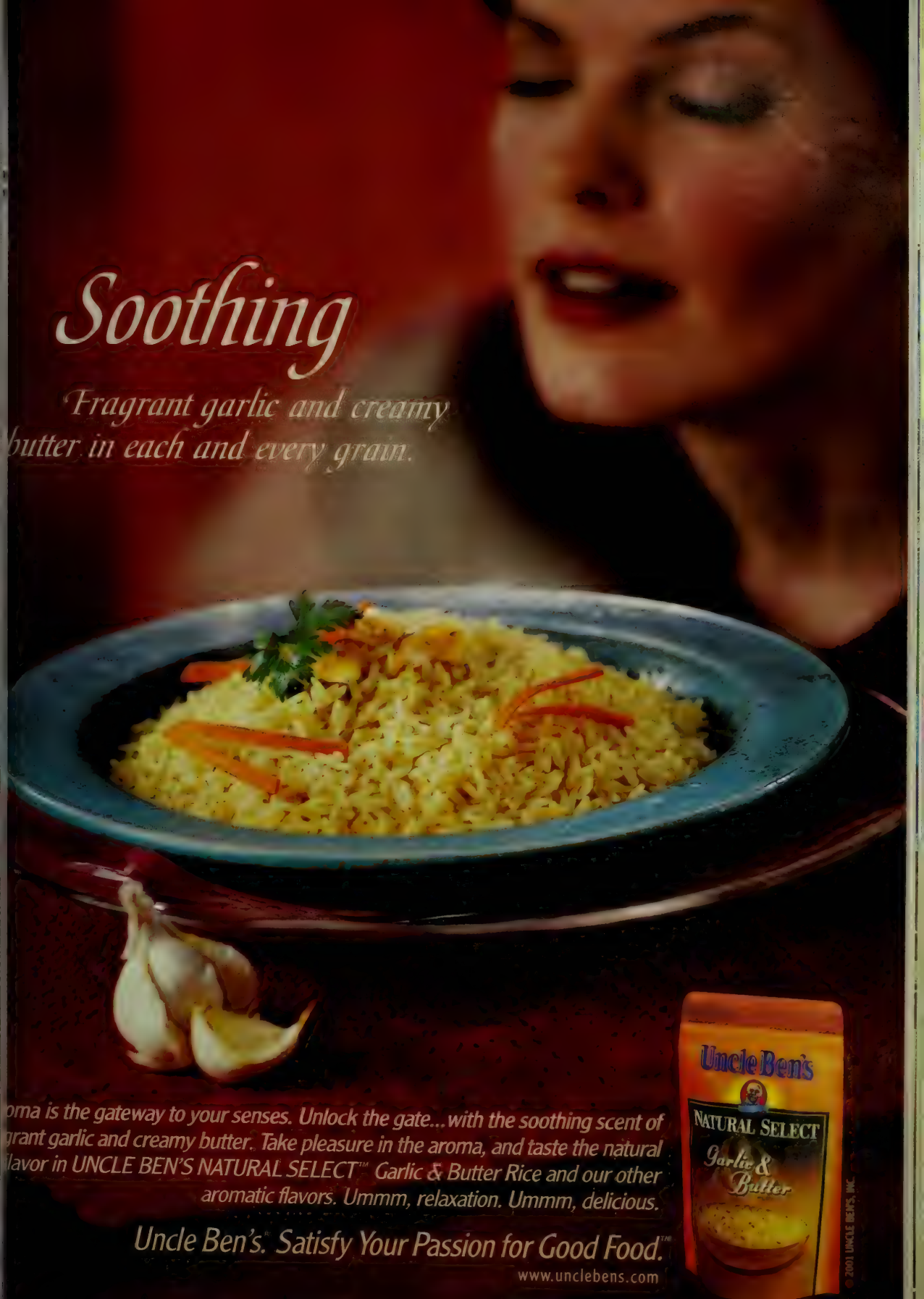
Coconut Chicken Salad
After it simmers in mellow coconut milk, this chicken is ready for perking up with onions and chili peppers to taste.

Chicken Tips

- Hungry right now? Flatten a chicken breast to ¼-inch thickness with a meat mallet. Season it and sizzle it in a skillet with olive oil or butter. It's ready in 8 minutes or so.
- When you can't even wait that long, start with deli-roasted chicken or precooked, seasoned chicken pieces. Use them in main-dish salads, in pastas, or on pizza.
- Check chicken doneness with a meat thermometer. The internal temperature of a whole bird should reach 180° F; bone-in chicken parts, 170° F; ground chicken, 165° F; and boneless breasts, 160° F.
- For tips and information from the National Chicken Council, check out its Web site: www.EatChicken.com

Recipe begins on page 214

For more great chicken recipes, visit www.bhg.com/recipecenter


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spring chicken

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Good Ol' Buttermilk Fried Chicken

An electric skillet works wonders for fried chicken, but be careful when adding the chicken because the oil can splatter. A Dutch oven or large pot produces crispy chicken too.

Prep: 25 minutes **Cook:** 20 minutes
Stand: 15 minutes
Marinate: 30 minutes

- 3 lb. small meaty chicken pieces, skinned (drumsticks, thighs, and/or breast halves)
- 1½ tsp. salt
- 1½ cups buttermilk
- 1¼ cups all-purpose flour
- 2 tsp. paprika
- ½ tsp. pepper
- 2 eggs, beaten
- 4 cups cooking oil
- 1 recipe Vinegar Splash or malt vinegar

1. If desired, remove skin from chicken. Place chicken pieces in a self-sealing plastic bag set in a large bowl. Sprinkle chicken with ½ teaspoon of the salt. Pour buttermilk over chicken. Seal bag. Marinate in the refrigerator for 30 minutes or overnight, turning bag occasionally to coat chicken.

2. Drain chicken, reserving ½ cup of the buttermilk. In a shallow dish combine flour, paprika, the remaining 1 teaspoon salt, and pepper. In another shallow dish combine the eggs and the reserved buttermilk. Coat chicken with the flour mixture, then dip in egg mixture, then dip in flour mixture again. Place chicken pieces on a tray; set aside while oil heats.

3. In a 12-inch electric skillet heat ½ inch of oil (about 3 cups) to 350° F (about 10 to 15 minutes). Carefully add chicken to the skillet. Reduce temperature setting to 325° F. Cook, uncovered, for 10 minutes. Turn chicken and cook 10 to 12 minutes more or until golden and chicken is no longer pink (internal temperature should be 180° F). Drain on paper towels. Transfer chicken to a serving platter. Sprinkle with Vinegar Splash or malt vinegar. Makes 6 servings.

Vinegar Splash: In a bowl whisk together ½ cup cider vinegar, 1 tablespoon snipped fresh cilantro, and several dashes bottled hot pepper sauce.

Dutch-oven method: In a Dutch oven heat 1½ inches of oil (about 6½ cups) over medium heat to 350° F. Using tongs, carefully add a few pieces of chicken to the Dutch oven. (Oil temperature will drop; maintain at 325° F.) Cook chicken for 12 to 15 minutes or until an instant-read thermometer inserted into the thickest portion of chicken reads 180° F and coating is golden brown, turning once. Drain on paper towels. Keep warm in a 300° F oven while you cook remaining chicken.

Nutrition facts per serving: 390 cal., 18 g total fat (3 g sat. fat), 169 mg chol., 625 mg sodium, 22 g carbo., 1 g fiber, and 34 g pro. Daily Values: 13% vit. A, 6% vit. C, 7% calcium, and 15% iron.

PICKING CHICKEN

Chicken is packaged in a variety of ways, including with or without skin and bones.

- Broiler-fryer: A young chicken weighing between 3 and 5 pounds. It may be packaged whole or in parts, such as breasts, thighs, and wings.
- Roaster: Large and meaty, this bird weighs about 6 to 8 pounds.
- Ground chicken: Typically made from thigh meat, this makes a great burger (see recipe, *page 214*). Ask your butcher to coarsely grind some for you if it's not available in the display cases.

Chicken Cobbler

To really show off this all-in-one dish, cut a 16x2½-inch strip of parchment paper and wrap it around each dish. Tie it in place with 100-percent-cotton string before baking (see photo, *below*).

Prep: 15 minutes **Bake:** 45 minutes

- 6 skinless, boneless chicken thighs (3 oz. each)
- Salt and pepper
- 1 cup shelled fresh peas or frozen peas
- 2 Tbsp. butter, melted
- ½ cup chopped Vidalia, Maui, or other sweet onion
- ⅓ cup all-purpose flour
- ½ tsp. snipped fresh tarragon or ¼ tsp. dried tarragon, crushed
- 2 cups chicken broth
- 1 recipe Carrot Cobbler Topping

1. Preheat oven to 400° F. Arrange chicken in a 13x9x2-inch baking pan. Season with salt and pepper. Bake for 20 minutes or until chicken is no longer pink and juices run clear; set aside.

2. Meanwhile, cook the fresh peas if using, in a small amount of boiling salted water for 2 minutes; drain.

3. For the sauce, in a saucepan combine melted butter and chopped onion. Cook and stir over medium heat for 5 minutes or until onion is tender. Stir in peas, flour, and tarragon. Add chicken broth all at once. Cook and stir over medium heat until thickened and bubbly. Cover and keep warm while preparing cobbler topping.



Fill each ramekin before wrapping in parchment paper.

4. Prepare the Carrot Cobbler Topping. Place a baked chicken thigh in each of six individual ungreased

continued on page 20

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Houston, bring a Texas-sized
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HOLIDAY BRUNCH CASSEROLE
1 package Jimmy Dean Sausage (cooked, drained and crumbled)
4½ cups cubed day-old bread
2 cups shredded sharp cheddar cheese
10 eggs, slightly beaten
4 cups whole milk
1 tsp. dry mustard
1 tsp. salt
1/4 tsp. onion powder
Fresh ground pepper to taste
1/2 cup sliced mushrooms (optional)
1/2 cup peeled, chopped tomatoes (optional)
Place bread in well-buttered 9x13" baking dish. Sprinkle with cheese. Combine the next six ingredients. Pour evenly over the bread and cheese. Sprinkle sausage and optional ingredients over the top. Cover, chill overnight. Preheat oven to 325°. Bake uncovered for about one hour. Tent with foil if top begins to brown too quickly. Serves

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spring chicken

continued from page 202

10-ounce ramekins, custard cups, or baking dishes. Pour warm sauce over the chicken. Dollop topping over sauce. Place dishes in a 15x10x1-inch baking pan. Bake for 25 minutes or until topping is golden brown and a wooden toothpick inserted in the center of topping comes out clean. Makes 6 servings.

Carrot Cobbler Topping: In a bowl stir together 2 cups flour, 1 cup coarsely shredded carrot, 2 tablespoons sugar, 1 tablespoon baking powder, and ½ teaspoon salt. Stir in 1⅓ cups milk and 2 tablespoons melted butter until combined.

Nutrition facts per serving: 425 cal., 13 g total fat (7 g sat. fat), 85 mg chol., 943 mg sodium, 48 g carbo., 4 g fiber, and 28 g pro. Daily Values: 115% vit. A, 11% vit. C, 22% calcium, and 19% iron.

Herb-Rubbed Roaster

Prepare this bird for the oven the night before you plan to serve it. The next day all you have to do is pile potatoes around the chicken and put the whole thing in the oven.

Prep: 20 minutes **Roast:** 1¼ hours
Stand: 10 minutes **Marinate:** 2 hours

- 1 3½- to 4-lb. whole broiler-fryer chicken
- ¼ cup olive oil
- 2 Tbsp. herbes de Provence
- 1 tsp. smoked salt or salt
- 1 tsp. crushed red pepper
- ¾ tsp. coarsely ground black pepper
- 1½ lb. tiny yellow and purple potatoes and/or fingerling potatoes, halved

1. Remove neck and giblets from chicken. Rinse chicken; pat dry with paper towels. Skewer neck skin to back; tie legs with 100-percent cotton string. Twist wings under back. Brush chicken with 2 tablespoons of the olive oil.

2. In a small bowl stir together

COBBLER MATES

Use **10-Ounce Ramekins** for our Chicken Cobbler (recipe and photo, *page 202*). These high-quality ceramic dishes from Over and Back are 4 inches in diameter. The set of six costs $34.95, which includes shipping, handling, and applicable sales tax.

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herbes de Provence, smoked salt or salt, crushed red pepper, and ground pepper. Rub 2 tablespoons of the herb mixture onto the bird. Cover the remaining herb mixture; set aside. Place chicken in a large self-sealing plastic bag. Seal bag. Place bag in the refrigerator 2 to 24 hours.

3. Preheat oven to 375° F. Remove chicken from bag. Place chicken, breast side up, on a rack in a shallow roasting pan. Insert a meat thermometer into center of an inside thigh muscle. Do not allow thermometer bulb to touch bone.

4. In a large bowl combine the remaining 2 tablespoons oil and remaining herb mixture. Add potatoes and toss to combine. Arrange potatoes around the chicken. Roast chicken, uncovered, for 1¼ to 1¾ hours or until the drumsticks move easily in their sockets and meat thermometer registers 180° F. Remove chicken from oven, cover, and let stand 10 minutes before carving.

5. To serve, place chicken and potatoes on a large serving platter. Makes 6 servings.

Nutrition facts per serving: 543 cal., 35 g total fat (9 g sat. fat), 134 mg chol., 492 mg sodium, 18 g carbo., 3 g fiber, and 37 g pro. Daily Values: 6% vit. A, 31% vit. C, 5% calcium, and 16% iron.

Mushroom-Smothered Chicken

The mushroom sauce is swooning material as is, but a splash of cream sends it over the top. There's plenty of sauce to ladle over the chicken on a toasted baguette. We also love it with hot cooked potato gnocchi.

Prep: 20 minutes **Cook:** 30 minutes

- ¼ cup all-purpose flour
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 2½ to 3 lb. meaty chicken pieces (breast halves, thighs, and drumsticks), skinned
- 2 Tbsp. olive oil or cooking oil
- 2 large onions, chopped (2 cups)
- 6 cups halved fresh mushrooms, such as morel, chanterelle, shiitake, and/or button
- 2 cloves garlic, minced
- ¾ cup dry white wine or chicken broth
- ¾ cup chicken broth
- 2 Tbsp. snipped fresh basil or 1 tsp. dried basil, crushed
- 1 Tbsp. snipped fresh thyme or 1 tsp. dried thyme, crushed
- 2 Tbsp. whipping cream (optional)
- Toasted baguette slices (optional)

1. In a plastic bag combine flour, salt, and black pepper. Add chicken pieces, a few at a time, shaking to coat. In a 12-inch skillet brown chicken in

continued on page 206





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spring chicken

continued from page 205

hot oil over medium-high heat for 8 minutes, turning occasionally. Remove chicken from skillet; set aside.

2. Add onions, mushrooms, and garlic to skillet. Cook 4 minutes, stirring occasionally and scraping up any browned bits. Return chicken to pan. Add white wine, broth, basil, and thyme. Bring to boiling; reduce heat. Cover and simmer for 25 to 30 minutes or until chicken is no longer pink and an instant-read thermometer registers 170° F for breasts or 180° F for thighs and drumsticks. Remove chicken; cover and keep warm.

3. Increase heat to medium and gently boil sauce, uncovered, for 5 minutes. If desired, stir in whipping cream. Serve chicken and sauce over toasted baguette slices and season to taste with salt and freshly ground black pepper. Makes 6 servings.

Nutrition facts per serving: 293 cal., 13 g total fat (3 g sat. fat), 77 mg chol., 368 mg sodium, 12 g carbo., 2 g fiber, and 30 g pro. Daily Values: 1% vit. A, 7% vit. C, 4% calcium, and 12% iron.

Chicken and Sausage Kabobs

Go ahead and make your own skewers from apple tree sticks. Twigs from oak, maple, or hickory trees will work too. Just be sure those trees have not been sprayed with pesticides or other chemicals.

Prep: 25 minutes **Grill:** 12 minutes
Marinate: 2 to 8 hours

- 1 recipe Herbed Dipping Sauce
- 4 medium skinless, boneless chicken breast halves (about 1 lb. total)
- 2 Tbsp. olive oil
- 2 Tbsp. finely chopped green onion
- 1 Tbsp. lime juice
- 1 Tbsp. snipped fresh Italian parsley
- 1 Tbsp. snipped fresh oregano
- 1 clove garlic, minced
- 8 oz. apple-flavored smoked chicken sausage or smoked sausage, halved lengthwise and cut into ¾-inch pieces
- Grilled lime wedges

1. Prepare Herbed Dipping Sauce. Cover and refrigerate.

2. Cut chicken into long strips about ½ inch thick. Place in a bow For marinade, combine olive oil, gree onion, lime juice, parsley, oregano and garlic. Pour marinade ove chicken; stir to coat. Cover and mar inate in the refrigerator 2 to 8 hours.

3. Drain chicken, discardin marinade. Thread strips of chicke and sausage onto six long skewers.

4. For a charcoal grill, place th kabobs on the rack of an uncovered grill directly over medium coa for 12 to 14 minutes or until chicke is no longer pink, turning to brow

continued on page 20

CHECK THE TEMP

Several recipes in this issue call for an instant-read thermometer. For precise accuracy to one-tenth of a degree, try this **Digital Instant-Read Thermometer** from Robinson Knife Company. The display includes both centigrade and Fahrenheit readings and is especially good for checking thin foods, such as burgers or fish (the probe is placed only ½ inch into the food). The case is water resistant, and a long-life battery is included. The price is $24.95, which includes shipping, handling, and sales tax.

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continued from page 206

evenly. (For a gas grill, preheat grill. Reduce heat to medium. Place kabobs on grill rack over heat. Cover and grill as above.) Remove kabobs from grill. Serve with Herbed Dipping Sauce and lime wedges. Makes 6 main-dish servings.

Herbed Dipping Sauce: In a bowl combine ¼ cup dairy sour cream, ¼ cup mayonnaise, 2 tablespoons finely chopped green onion and/or chives, 1 tablespoon lime juice, 1 clove minced garlic, 1 tablespoon snipped fresh Italian parsley, and 1 tablespoon snipped fresh oregano.

Nutrition facts per serving: 262 cal., 18 g total fat (4 g sat. fat), 61 mg chol., 347 mg sodium, 1 g carbo., 0 g fiber, and 23 g pro. Daily Values: 3% vit. A, 8% vit. C, 3% calcium, and 5% iron.

Ravioli Chicken Soup

Just a pinch of saffron goes a long way to add flavor and more intense color to food. The aromatic spice is a tad expensive, so feel free to leave it out. This soup is terrific both ways.

Start to finish: 25 minutes

- Nonstick cooking spray
- 12 oz. skinless, boneless chicken breast, cut into ½-inch cubes
- 6 cups reduced-sodium chicken broth
- ½ cup sliced leek or chopped onion
- 1 Tbsp. finely chopped peeled fresh ginger
- ¼ tsp. saffron threads, slightly crushed (optional)
- 1 9-oz. pkg. vegetable ravioli or herb chicken tortellini
- ½ cup fresh baby spinach leaves or shredded fresh spinach

1. Lightly coat a large saucepan with cooking spray. Heat over medium-high heat. Add chicken; cook and stir over medium-high heat 3 minutes.

2. Carefully add broth, leek or onion, ginger, and, if desired, saffron. Bring to boiling. Add ravioli or tortellini. Return to boiling; reduce heat. Boil gently, uncovered, for 5 to 9 minutes or until ravioli is tender, stirring occasionally. Remove from heat. Ladle soup into bowls. Top with spinach leaves. Makes 4 main-dish servings.

Nutrition facts per serving: 222 cal., 3 g total fat (0 g sat. fat), 59 mg chol., 1,221 mg sodium, 21 g carbo., 3 g fiber, and 29 g pro. Daily Values: 18% vit. A, 9% vit. C, 6% calcium, and 13% iron.

Guava-Glazed Chicken

The technique may be unfamiliar, but removing the backbone and flattening the chicken shortens the cooking time for a whole bird. Great on the grill, this chicken also can be roasted in the oven.

Prep: 20 minutes **Cook:** 15 minutes
Grill: 50 minutes

- 1 3- to 4-lb. whole broiler-fryer chicken
- ½ tsp. salt
- ¼ tsp. pepper
- 1 cup guava, mango, peach, or apricot nectar
- ¼ cup bottled hoisin sauce
- 2 cloves garlic, minced
- Several dashes bottled hot pepper sauce (optional)
- Sliced fresh guava (optional)
- Green onions (optional)

1. Remove the neck and giblets from chicken. Place the chicken, breast side down on a cutting board. Use kitchen shears to make a lengthwise cut down one side of the backbone, starting from the tail end (see photos, *below*). Repeat the



Use kitchen shears to cut close to the backbone, from the tail to the neck end (*top photo*). Then cut along the other side of the backbone (*center photo*) and remove it. Snip off wing tips (*bottom*).

continued on page 21

SOUP SPOONS

Soup spoons can be hard to find, but for soup lovers they are a necessity! For our Ravioli Chicken Soup (recipe, *left*) or any of your family's favorites, these polished heavyweight stainless steel spoons have a 1½-inch round deep base.



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TRIPLE CITRUS CHEESECAKE

Prep: 20 minutes plus refr[illegible] Cook: 1 hour 5 [illegible]

FILLING

4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
1 cup granulated sugar
2 Tbsp. flour
1 tsp. vanilla
1 Tbsp. each fresh lemon juice, lime juice, and orange juice
1 tsp. each grated lemon peel, lime peel, and orange peel
4 eggs

[illegible] cup HONEY MAID Graham Cracker Crumbs
[illegible] cup firmly packed brown sugar
[illegible] cup (1/[illegible] stick) butter or margarine, melted

CRUST: MIX crumbs, brown sugar, and butter or margarine; press onto bottom of 9-inch springform pan. Bake at 325°F for 10 minutes if using a silver springform pan. (Bake at 300°F for 10 minutes if using a dark nonstick springform pan.)

FILLING: MIX cream cheese, granulated sugar, flour, and vanilla with electric mixer on medium speed until well blended. Blend in juices and peels. Add eggs, one at a time, mixing on low speed after each addition just until blended. Pour over crust.

BAKE at 325°F for 60-65 minutes or until center is almost set if using silver springform pan. (Bake at 300°F for 60-65 minutes or until center is almost set if using a dark nonstick springform pan.) Run knife or metal spatula around rim of pan to loosen cake; cool before removing rim of pan. Refrigerate 4 hours or overnight. Makes 12 servings.

A TRINITY OF DIVINITY.

KRAFT PHILADELPHIA

A LITTLE TASTE OF HEAV[illegible]

spring chicken

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engthwise cut on the opposite side of the backbone. Remove and discard the backbone. Turn chicken cut side down. Flatten chicken with your hands. (Try to make it as flat as possible.) Use kitchen shears to remove the wing tips. Sprinkle the salt and pepper over chicken.

2. For sauce, in a small saucepan combine nectar, hoisin sauce, garlic, and hot pepper sauce (if using). Bring to boiling; reduce heat. Boil gently, uncovered, about 15 minutes or until thickened and sauce is reduced to about ¾ cup; set aside.

3. For direct grilling, place the chicken, cut side up, on the rack of an uncovered grill directly over medium coals. Grill, uncovered, for 5 minutes. Turn using tongs. Grill for 20 minutes more. To glaze, brush with some of the sauce. Grill minutes more or until an instant-read thermometer inserted in the thigh portion registers 180° F. (For indirect grilling, arrange medium-hot coals around a drip pan. Test for medium heat above the pan. Place chicken, cut side up, on grill rack over the drip pan. Cover and grill for 45 minutes. Turn using tongs. To glaze, brush with some of the sauce. Grill 5 minutes more or until an instant-read thermometer inserted in the thigh portion registers 180° F.)

4. Bring remaining sauce to boiling; pass with chicken. Serve chicken with sliced fresh guava and green onions. Makes 6 servings.

Oven-roasting method: Prepare chicken and sauce as above in Steps 1 and 2. Place chicken on a rack in a shallow baking pan. Roast, uncovered, in a 425° F oven for minutes. To glaze, brush with some of the sauce. Roast for 5 to minutes more or until an instant-read thermometer inserted in a thigh portion registers 180° F.

Nutrition facts per serving: 272 cal., 12 g total fat (3 g sat. fat), 79 mg chol., 478 mg sodium, 13 g carbo., 0 g fiber, and 25 g pro. Daily Values: 0% vit. A, 12% vit. C, 2% calcium, and 7% iron.

Spring Chicken Scallopini

A buttery white wine sauce and a little heap of herbs dress up the chicken and add incredibly fresh flavor. Best of all, it's fast and flashy.

Start to finish: 25 minutes

- 4 medium skinless, boneless chicken breast halves (about 1 lb. total)
- ¼ cup all-purpose flour
- ¼ tsp. salt
- 4 Tbsp. butter
- ½ cup dry white wine, such as Sauvignon Blanc, and/or chicken broth
- ¼ cup sliced green onions
- ½ cup mixed snipped fresh herbs, such as oregano, thyme, lemon-thyme, and/or mint
- ¼ tsp. coarsely ground pepper
- ⅛ tsp. salt
- Steamed asparagus* (optional)



Use a meat mallet to lightly pound chicken to ¼-inch thickness.

1. Place each chicken piece between two pieces of waxed paper or plastic wrap. Pound lightly with the flat side of a meat mallet, working from the center to the edges until pieces are an even ¼-inch thickness. Remove the plastic wrap. Combine flour and the ¼ teaspoon salt in a shallow dish. Coat chicken pieces with flour mixture.

continued on page 214

A HEAVENLY OFFER



Make everyone in the family their favorite Philadelphia Cheesecakes with these mini spring-form pans from Kaiser Bakeware, the premier name in bakeware.

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Birthstone Angels

Bring Blessings Every Month

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(Garnet)

February
(Amethyst)

March
(Aquamarine)

April
(White Topaz)

May
(Emerald)

June
(Alexandrite)

July
(Ruby)

August
(Peridot)

September
(Sapphire)

October
(Rose Zirkon)

November
(Topaz)

December
(Blue Zircon)

Birthstones have always been considered special symbols of individuality and meaningful blessings for every person born in their month. Now gentle ***Precious Moments*** angels carry these special birthstone blessings to you atop ***Heirloom Porcelain*** music boxes that play a beautiful melody straight from the heart. Crafted of lustrous, hand-underglazed ***Heirloom Porcelain*** triple-fired according to an Old World process and lavished with 22K gold, each ***Birthstone Angel*** music box features a hand-painted sculptural ***Precious Moments*** angel with real fabric wings and a heart set with a sparkling Swarovski crystal birthstone. Each plays the heartfelt melody of "Always In My Heart." The message "You Are a Precious Jewel To Treasure Forever" appears on the front of the box in gleaming golden letters. Available in birthstones for every month of the year!

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Precious Moments Birthstone Angels

Heirloom Porcelain™ Music Boxes

ebruary and March shown)

Shown smaller than actual size of about 5½ inches high.

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r)	AUGUST (Peridot)	SEPTEMBER (Sapphire)	OCTOBER (Rose Zircon)	NOVEMBER (Topaz)	DECEMBER (Blue Zircon)
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E81201

spring chicken

continued from page 211

2. In a 12-inch skillet heat 2 tablespoons of the butter over medium heat. Add chicken; cook for 6 to 8 minutes or until chicken is tender and no longer pink, turning once. Remove chicken from skillet. Transfer chicken to a serving platter; cover and keep warm. Add white wine and/or broth and green onions to the skillet. Cook and stir for 1 minute, scraping up any browned bits in skillet, if necessary. Cook 1 minute more or until reduced to ⅓ cup. Remove from heat. Whisk in the remaining 2 tablespoons butter until melted. Stir in 2 tablespoons of the snipped fresh herbs, the pepper, and the ⅛ teaspoon salt. (If using chicken broth, omit the ⅛ teaspoon salt.)

3. Serve chicken with steamed asparagus. Drizzle wine sauce over all. Pile remaining fresh herbs onto each serving. Makes 4 main-dish servings.

*To steam asparagus spears, snap off and discard woody bases from fresh asparagus. Steam for 4 to 6 minutes or until tender.

Nutrition facts per serving: 320 cal., 14 g total fat (8 g sat. fat), 115 mg chol., 422 mg sodium, 7 g carbo., 0 g fiber, and 34 g pro. Daily Values: 12% vit. A, 8% vit. C, 4% calcium, and 8% iron.

Tandoori Chicken Burger

Feel free to separate the onions from the cucumbers before piling them on your burgers. That way those who aren't fond of onions can give their share to those who love 'em.

Prep: 30 minutes **Grill:** 14 minutes

- ¼ cup fine dry breadcrumbs
- 2 tsp. garam masala
- ¼ tsp. salt
- ¼ tsp. ground red pepper
- 1 lb. uncooked ground chicken*
- 2 Tbsp. plain yogurt
- 4 seeded hamburger buns or kaiser rolls, split and toasted
- 1 recipe Minty Cucumbers
- Kale or lettuce

1. In a large bowl combine breadcrumbs, garam masala, salt, and ground red pepper. Add ground chicken and yogurt; mix well. Shape the chicken mixture into four ¾-inch-thick patties.

2. For a charcoal grill, cook burgers on the rack of an uncovered grill directly over medium coals for 14 to 18 minutes or until no longer pink (165° F), turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place burgers on grill rack over heat. Cover and grill as above.) Remove burgers from grill. Serve burgers on toasted buns with Minty Cucumbers and kale or lettuce. Makes 4 servings.

Minty Cucumbers: In a small bowl combine 1 cup thinly sliced cucumber, ½ cup thinly sliced red onion, ¼ cup snipped fresh mint, 1 tablespoon balsamic vinaigrette, and ¼ teaspoon salt.

*If you ask your butcher to prepare ground chicken for you, be sure to request it coarsely ground.

Nutrition facts per serving: 383 cal., 13 g total fat (1 g sat. fat), 0 mg chol., 841 mg sodium, 37 g carbo., 2 g fiber, and 27 g pro. Daily Values: 2% vit. A, 10% vit. C, 12% calcium, and 25% iron.

Coconut Chicken Salad

To give the Indian flat bread a sculptured look, use a pair of kitchen tongs to carefully hold bread a few inches above the open flame of a gas burner. As the bread heats up, it softens and curls. Or let it keep its flat shape and serve it at room temperature.

Prep: 10 minutes **Cook:** 12 minutes **Chill:** 1 hour

- 12 oz. skinless, boneless chicken breast halves and/or thighs
- 1 14-oz. can unsweetened light coconut milk

WEIGHING IN

The weight of the chicken helps determine how many people it will serve. One pound of raw skinless, boneless chicken will serve about four people. If you're starting with one pound of raw bone-in chicken with skin, you'll have enough to feed two to three people.

- ¼ tsp. salt
- ⅛ tsp. ground black pepper
- ¼ cup thinly sliced red onion or Vidalia onion
- 2 Tbsp. lime juice
- 2 Thai red chile peppers, seeded and finely chopped, if desired
- 1 cup shredded lettuce
- ½ cup coconut chips, toasted
- Salt and ground black pepper
- Indian flat bread (pappadam or naan) or 3-inch rounds
- Armenian cracker bead

1. In a large skillet place chicken coconut milk, the ¼ teaspoon salt and the ⅛ teaspoon black pepper Bring to boiling; reduce heat. Cove and simmer for 12 to 14 minutes o until chicken is no longer pink and a instant-read thermometer register 170° F for breast or 180° F fo thighs. Drain well; discard mil mixture. Cool chicken slightly; cu into bite-size pieces.

2. In a medium bowl combin chicken pieces, onion, lime juice, an Thai red chile peppers. Cover an chill in the refrigerator for 1 hou Just before serving, gently sti shredded lettuce and half of th toasted coconut chips into th chicken mixture. Season to taste wit additional salt and pepper. Sprinkl with remaining coconut chips Serve with Indian flat brea (pappadam or naan). Makes 4 main dish servings.

Nutrition facts per serving 201 cal., 10 g total fat (7 g sat. fat) 49 mg chol., 294 mg sodium 7 g carbo., 1 g fiber, and 20 g pro Daily Values: 8% vit. A, 17% vit. C 2% calcium, and 10% iron.

sagna (ethnic dish requiring half a day of your life
prepare and one full day of rest when it's done)



r Ragú® 10 minute prep no boiling lasagna.

x Time: 70 min. Serves 12): 2 containers (15 oz. ea.) ricotta cheese, 2 cups shredded mozzarella cheese (about 8 oz.), 1/2 cup grated
san cheese, 2 eggs, 2 jars (26 oz. ea.) Ragú Robusto!™ Pasta Sauce, 12 uncooked lasagna noodles

eheat oven to 375°. Combine ricotta, 1 cup mozzarella, 1/4 cup Parmesan and eggs.
13"x 9" baking dish, spread 1 cup sauce. Layer 4 uncooked noodles, 1 cup sauce and 1/2 of ricotta mixture; repeat
ith 4 uncooked noodles and 2 cups sauce. Reserve remaining sauce; heat and serve with lasagna.
ver with foil; bake 1 hour. Remove foil; sprinkle with remaining cheeses. Bake uncovered 10 minutes. Let stand 10 minutes.





the power of mushrooms

Lovers of mushrooms know the magic these earthy delights bring to just about any dish. Now, scientists are learning that mushrooms may deserve a spot on the list of cancer-fighting foods.

Cancer researchers are beginning to uncover the potential of many mushrooms, including the common white button. Components of button mushrooms may help prevent breast cancer by reducing the activity of an enzyme that makes estrogen, according to a study in the *Journal of Nutrition*. Estrogen promotes breast cancer cell growth in 60 percent of breast cancer patients, says lead researcher Shiuan Chen, Ph.D., of the City of Hope's Beckman Research Institute in California. Other mushrooms with similar effects include shiitake, portobello, and crimini.

Additional anticancer properties of mushrooms may come from their ability to inhibit tumor growth by boosting the immune system. Plant chemicals called beta-glucans—found heavily in maitake and shiitake mushrooms—are believed to activate immune cells that fight infection.

continued on page 218

Dancing Mushrooms

This dish is a major hit as an appetizer, but it can also be the start of so much more. Try it tossed with cooked spring peas, served over pasta, or piled on a burger or steak.

Prep: 15 minutes
Cook: 12 minutes

- 3 cloves garlic, minced
- 3 shallots, peeled and cut into thin wedges
- 2 Tbsp. olive oil or canola oil
- 1¼ pounds mushrooms (such as maitake, oyster, white button, or shiitake) broken into clusters or sliced (about 8 cups)
- ¼ cup snipped fresh mixed herbs, such as tarragon, rosemary, basil, oregano, and/or parsley
- ¼ tsp. coarse salt or salt
- ¼ tsp. cracked black pepper

In a large skillet cook garlic and shallots in hot oil over medium-high heat for 2 minutes. Add maitake mushrooms. Cook, stirring occasionally, for 10 to 12 minutes or until tender. If using oyster or button mushrooms, add them during the last 6 to 8 minutes. Add shiitakes during last 4 minutes. Stir in herbs, salt, and pepper. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 74 cal., 5 g total fat (1 g sat. fat), 0 mg chol. , 86 mg sodium, 6 g carbo., 1 g fiber, and 3 g pro. Daily Values: 3% vit. A, 5% vit. C, 1% calcium, and 6% iron.

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Roasted Almonds
Lightly coat a shallow pan with oil and toss almonds. Place in oven at 350°F for 8-12 minutes, stirring occasionally until slightly darkened. Or if you want to spice 'em up, season with chili powder, basil or salt prior to roasting.

Here's a handy tip to munch on.

Keep plenty on hand to snack on anywhere, anytime. Place little bags of almonds:

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- In the kids' lunch bag
- In your desk drawer
- Next to the couch
- On the night stand

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continued from page 216



Shiitake—(shee-TAH-kay) These have a rich, earthy taste with a hint of smokiness. Let them strut in more intensely flavored dishes.

Maitake—(my-TAH-kay) A meaty texture with a woodsy taste make these a good match for pasta, smoked meats, or risotto.

Enoki—(eh-no-key) Heat tends to wilt and toughen these tiny mild mushrooms. Best served raw on salads.

Oyster—With their mild flavor, these mushrooms do best in subtle soups or sautés.

Portobello—These are the big humdingers that make good meat substitutes. Great on the grill or sautéed.

White button—You'll have no trouble finding this common variety. Slice them for nibbling raw, or toss them in sauces or soups.

Medically speaking, mushrooms ar seasoned veterans. Compounds extracte from various mushrooms have been use in medicines in Japan for decades t treat some gastric and cervical cancer Studies from Asia suggest that some of th plant chemicals in maitake and shiitak mushrooms also reduce the risk coronary heart disease.

Nutritionally, mushrooms are rich i potassium and selenium, a trace miner known for its antioxidant properties an tested recently for its ability to comba prostate cancer and cardiovascul disease. They are also rich in thre important B vitamins: riboflavin, niaci and pantothenic acid. These nutrien promote healthy skin and help regulat the nervous system.

Fresh mushrooms often have a mo subtle flavor than dried mushroom The intense flavor of dried mushroon makes them a terrific seasoning ingredien When ready to use dried mushroom soak them in warm water until they a soft and pliable.


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Black Bean Salsa
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2 tsp. Goya Minced Garlic or 4 cloves garlic, minced
3 tbsp. Goya Olive Oil
1 tsp. Goya Adobo with Pepper
1 package (10 oz.) frozen corn
1 cup diced onion
1/2 cup diced red bell pepper
1 large tomato, seeded and diced
3 tbsp. fresh minced cilantro
3 tbsp. fresh lime juice
1 tbsp. chili powder
2 tsp. ground cumin
In large bowl, combine all ingredients. Serve with tortilla chips.
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What A Way To GOYA

by Stephen Exel

ust what is it?

The kitchen gadget aisle can hold a curious selection of tools that defy description. What can all these do-hickeys and thingamajigs accomplish? We took a closer look and turned up some useful options.

1. The blade on this **chocolate shaver** adjusts to different widths; use it for cutting chocolate into chunks or delicate swirls.

2. Yes, the **Microplane grater** had its origins in the wood shop. However, this kitchen version zests citrus fruit perfectly and does wonders shaving hard cheeses.

3. The pleats in this **citrus reamer** gently pull the fruit away from the skin to make juicing your favorite citrus decidedly easier.

4. This simply designed **fish scaler** efficiently cleans your catch without digging into the fish's flesh.

5. A wandlike **cocktail whisk** whips up any libation served in an extra-tall glass—it's cute to boot.

6. The retractable blade on this **utility cutter** is a safety feature we like. We also like that this tool minces herbs and slices pizza and pastry dough with ease.

7. A **marinating and tenderizing roller** does both at once. Roll it along on chicken, beef, or pork.

8. Sleek and stylish, this wired **cheese slicer** performs elegantly on soft and semisoft cheeses. ⌂



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Nutrition Information How to make it work for you

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, saturated fat, cholesterol, sodium, carbohydrates, fiber, and protein will help you keep tabs on what you eat.

You can check the levels of each recipe serving for vitamin A, vitamin C, calcium, and iron. These are noted in percentages of the Daily Values. The Daily Values are dietary standards determined by the Food and Drug Administration (FDA).

How we analyze

We omit optional ingredients from the nutrition analysis. The analysis is calculated using 2 percent reduced-fat milk.

When ingredient choices appear in a recipe (such as margarine or butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

What you need:

Calories	About 2,000
Total fat	Less than 65 grams
Saturated fat	Less than 20 grams
Cholesterol	Less than 300 milligrams
Carbohydrate	About 300 grams
Sodium	Less than 2,400 milligrams
Dietary fiber	20 to 30 grams

Use our analyses to chart the nutrition value of the foods you eat. The dietary guidelines above suggest the levels of nutrients that moderately active adults should strive to eat each day. There is no real harm in going over or under these guidelines in any single day, but it is a good idea to aim for a balanced diet over time.

Win Money and Prizes Prize Tested Recipes® (see page 225)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize: GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

November 2002 Categories: Entrées for Entertaining: Tell us what you serve to make an evening special for your guests. Is it roast meat or poultry with a chive and tarragon rub? We're also seeking fish or shellfish poached in wine and herbs or a favorite soup or stew that you're proud to dish up. What about an easy-to-serve or make-ahead casserole that needs little last-minute attention, or a pasta or risotto?

Pumpkin Desserts: Be creative with canned or fresh pumpkin, and go beyond the classic pie. Perhaps you add special ingredients to a traditional pie and turn it into a three-layer sensation. Or do you bake pumpkin puree into cakes, cookies, brownies, or tarts? Share your sweet ideas for refrigerated or frozen pumpkin desserts, such as puddings, cheesecakes, or ice creams.

This Month's Winners — Pages 225 and 226

$400 Winners: Julie DeMatteo, Clementon, N.J.; Kaylea Hascall, Chicago, Ill. $200 Winners: M. Kay Byrd, Miami, Ariz.; Lauri Sadorus, Everett, Wash. $50 Honor Roll Winners: Janice Elder, Charlotte, N.C.; Rebecca Ellis, Roanoke, Va.; Patricia Knight, Picayune, Miss.; Kristin Lamppa, Forest Lake, Minn.; Betty A. Leonard, Arleta, Calif.; Rosemary Martinelli, La Canada, Calif.; Amy Miller, Brazil, Ind.; Lisa Oules, Granite Bay, Calif.; Gloria Pleasants, Williamsburg, Va.; Barbara Sherrer, Bay City, Texas.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Entrées for Entertaining" or "Pumpkin Desserts." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0211 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by April 23, 2002, and received by April 30, 2002. E-mail entries must be posted by 11:59 p.m., EDT, April 23, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed, stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.




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see page 223 for details



$400 winner Confetti Chicken Big Bowl

Julie DeMatteo, Clementon, N.J.,
in the Dinner in a Bowl Category, April 2002

- 1 lb. skinless, boneless chicken breast halves, cut into 1-inch cubes
- 2 Tbsp. cooking oil
- 4 tsp. minced garlic (8 cloves)
- 4 tsp. minced fresh ginger
- 1 Tbsp. red curry paste or ¼ tsp. ground red pepper
- 1 tsp. ground cumin
- 4 cups water
- 1 14-oz. can purchased unsweetened coconut milk
- 2 cups purchased shredded carrots
- 2 cups small broccoli florets
- 1 medium red sweet pepper, cut into bite-sized strips
- 2 3-oz. pkgs. chicken-flavored ramen noodles, coarsely broken
- 2 cups snow pea pods, halved crosswise
- 2 Tbsp. soy sauce
- 4 tsp. lime juice
- 1 cup slivered fresh basil
- ⅓ cup snipped fresh cilantro

In a 4-quart Dutch oven cook chicken in 1 tablespoon of the hot oil over medium-high heat for 3 to 4 minutes or until no longer pink and lightly browned. Remove; set aside.

Add remaining oil to pan. Add garlic, ginger, curry paste, and cumin; cook and stir for 30 seconds. Stir in water, coconut milk, carrot, broccoli, sweet pepper, and noodles (set seasoning packets aside). Bring to boiling; reduce heat. Simmer, covered, for 3 minutes. Stir in cooked chicken, pea pods, contents of seasoning packets, soy sauce, and lime juice, then stir in the basil and cilantro. Serve in soup bowls. Makes 6 servings.

Nutrition facts per serving: 454 cal., 25 g total fat (12 g sat. fat), 44 mg chol., 1,087 mg sodium, 33 g carbo., 4 g fiber, 36 g pro. Daily Values: 24% vit. A, 141% vit. C, 7% calcium, 24% iron

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 223 for details



$400 winner Pork with Pears and Barley

Kaylea Hascall, Chicago, Ill.,
in the Pear-fect Category, April 2002

- 1 1-lb. pork tenderloin
- 2 cloves garlic, minced
- 2 Tbsp. snipped fresh sage or 2 tsp. dried sage, crushed
- 6 oz. boiling onions, peeled and halved
- 2 medium red and/or yellow sweet peppers, cut into bite-size pieces
- 1 29-oz. can pear halves in light syrup
- ¼ cup balsamic vinegar
- 1 cup quick-cooking barley
- 2 tsp. snipped fresh sage or ½ tsp. dried sage, crushed
- ½ tsp. salt

Preheat oven to 425° F. Starting on a long side, split tenderloin horizontally, almost to opposite side. Coat cut sides with garlic and the 2 tablespoons fresh or 2 teaspoons dried sage. Fold cut sides together; place meat in a 13×9×2-inch baking pan. Place onions around the meat. Layer the sweet peppers on top of the onions. Drain pears, reserving syrup. Slice pears; add to vegetables in pan. Pour vinegar over all. Roast, uncovered, about 35 minutes or until an instant-read thermometer registers 160° F.

Meanwhile, add water to reserved syrup to equal 2 cups. In a medium saucepan combine syrup mixture, barley, the remaining fresh or dried sage, and salt. Bring to boiling; reduce heat. Simmer, covered, 10 to 12 minutes or until barley is tender and most of the liquid is absorbed. Spread barley on a serving platter. Slice meat; arrange on barley. Using a slotted spoon, transfer vegetables and pears to platter around meat. Serve with pan juices. Makes 4 to 6 servings.

see page 223 for details



$200 winner Gingerbread-Pear Dessert

M. Kay Byrd, Miami, Ariz.
in the Pear-fect Category, April 2002

- ½ cup sugar
- 2 Tbsp. lemon juice
- 5 medium pears, peeled, cored, and sliced
- ⅓ cup seedless red raspberry jam
- 1 14½-oz. pkg. gingerbread mix
- ½ cup butter, cut up
- 1 egg yolk
- 1 8-oz. pkg. cream cheese, softened
- ⅓ cup sugar
- 3 eggs
- ½ tsp. vanilla
- 1 tsp. finely shredded lemon peel

In a large saucepan bring 2 cups *water*, the ½ cup sugar, and lemon juice to boiling. Add pears. Simmer, uncovered, 5 minutes. Remove from heat. Stir in jam. Cool 1 hour. If desired, cover and chill up to 6 hours; drain. Preheat oven to 375° F. Place gingerbread mix in a bowl. Using a pastry blender, cut butter into mix until pieces are pea-size. Stir in egg yolk just until combined. Remove and discard ½ cup crumb mixture. Press remaining mixture onto bottom of a 10-inch springform pan. Bake for 25 minutes. Cool completely.

In a medium bowl beat cheese on medium to high speed for 30 seconds. Add the ⅓ cup sugar; beat until light. Add eggs and vanilla; beat on medium speed until combined. Stir in lemon peel. Spoon about half of the cheese mixture into crust. Spoon drained pears evenly over cheese mixture. Spoon remaining cheese mixture over pears. Reduce oven temperature to 325° F. Bake 35 to 40 minutes or until center is set. Cool 30 minutes on rack. Loosen sides of pan. Cover; chill 2 to 24 hours. Remove sides of pan. Serves 10.

Nutrition facts per serving: 424 cal., 22 g total fat (12 g sat. fat), 133 mg chol.,

Clip and save recipes in your BETTER HOMES AND GARDENS® New Cook Book.

see page 223 for details



$200 winner Italian Three-Bean Chili

Lauri Sadorus, Everett, Wash.,
in the Dinner in a Bowl Category, April 2002

In a large saucepan cook and stir ½ cup chopped red onion and 1 clove garlic, minced, in 2 tablespoons hot olive oil over medium heat 5 minutes or until tender. Add one 15-ounce can tomato sauce; one 15-ounce can black beans; one 15- to 16-ounce can great Northern beans, rinsed and drained; one 14½-ounce can diced tomatoes; 1 cup frozen green soybeans; one 4½-ounce can diced green chile peppers; ½ cup water; and 1 tablespoon balsamic vinegar. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes, stirring occasionally. Stir in ⅓ cup sliced pitted ripe olives and 2 tablespoons snipped fresh cilantro. Simmer, covered, for 5 minutes. Ladle into bowls over hot cooked rice, pasta, or couscous; top each with shredded mozzarella cheese (optional). Makes 6 servings.

Nutrition facts per serving: 436 cal., 12 g total fat (3 g sat. fat), 11 mg chol., 828 mg sodium, 62 g carbo., 10 g fiber, 23 g pro. Daily Values: 6% vit. A, 42% vit. C, 33% calcium, 29% iron.

PHOTOGRAPHS: KIM CORNELISON



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wholly granola!

Kids and professional chefs know a truth about cooking that the rest of us sometimes forget: in the kitchen, less is often more. Take granola, for instance. If you keep it simple, with familiar faces like oats and almonds, kids will launch into it. Start padding it with grits, groats, and other UFOs and they'll quickly depart for Planet Apathy.

Taking a cosmic detour won't be a problem with our Down to Earth Granola. There are no aliens here, just close friends. Those oats and almonds are sweetened with just the right mix of brown sugar and honey. That bakery aroma filling every corner of the house comes courtesy of good old vanilla and cinnamon. And if you think the smell of the granola is wonderful, just wait until you taste it. Out of this world!

To teach your kids the basics of cooking, visit www.bhg.com/cookingwithkids

Down to Earth Granola

Prep: 15 minutes **Bake:** 40 minutes

- 4 cups old-fashioned oats
- 1½ cups sliced almonds
- ½ cup packed light brown sugar
- ½ tsp. salt
- ½ tsp. ground cinnamon
- ¼ cup cooking oil
- ¼ cup honey
- 1 tsp. vanilla
- 1½ cups raisins or dried cranberries

1. Preheat oven to 300° F. In a bowl mix the oats, almonds, brown sugar, salt, and cinnamon. In a saucepan warm the oil and honey. Whisk or stir in vanilla. Carefully pour liquid over oat mixture. Stir gently with a wooden spoon; finish mixing by hand.

2. Spread granola in a 15×10×1-inch baking pan. Bake 40 minutes, stirring carefully every 10 minutes. Transfer granola-filled pan to a rack; cool completely. Stir in raisins or dried cranberries. Seal granola in an airtight container or self-sealing plastic bags. Store at room temperature for 1 week or in freezer for 3 months. Makes 9 cups (24 servings).

Nutrition Facts per serving: 186 cal., 8 g total fat (1 g sat. fat), 0 mg chol., 52 mg sodium, 27 g carbo., 3 g dietary fiber, 4 g protein. Daily Values: 0% vit. A, 1% vit. C, 4% calcium, 7% iron.




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Teen on Board

Your just-licensed teen has control of the wheel—and suddenly you're not welcome along for the ride. So you worry. Will your teen's excitement over new-found freedom take a wrong turn toward carelessness. Did all that driving instruction sink in? Will he act responsibly? Will she be safe?

There's hope for parents struggling with this scary situation. A graduated driver's license (GDL) program for teens has been instituted in several states. These programs put various restrictions on young license holders, and the latest research shows that GDLs are working. Studies in two GDL states, Michigan and North Carolina, show an overall decrease of at least 25 percent in traffic accidents. Fatal traffic accidents involving 16-year-olds declined 57 percent in North Carolina and 32 percent in Michigan.

For more information on GDL programs and other teen driving issues, log on to www.drivehomesafe.com.

BHG Bookmark: Everything You Need to Know about Vaccines

www.immunize.org: Information-loaded site from the Immunization Action Coalition.

www.immunizationinfo.org: Up-to-the-minute news from the National Network for Immunization Information.

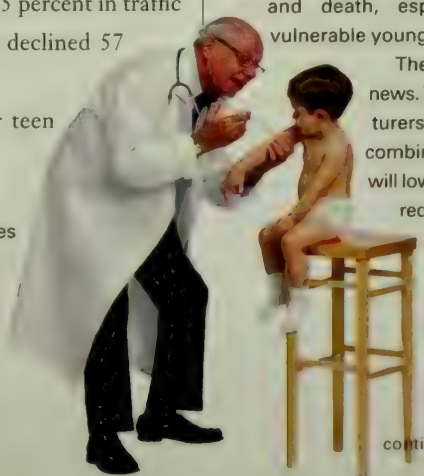
www.cdc.gov/nip: National Immunization Program of the Centers for Disease Control and Prevention.

Every Shot Counts

Children's immunizations have been a major shot in the arm for a healthier America, although kids may not like getting poked. Many, unfortunately, are still not up to date on their vaccinations. Nearly 27 percent of the nation's children do not receive a complete series of vaccines, according to the most recent statistic from the Centers for Disease Control and Prevention.

Most parents wince at the sheer numbers of injections—20 by the age of 18 months. But the benefits of these vaccinations far outweigh any negatives, which can include local discomfort, fever, and rash, says Dr. Henry "Hank" Bernstein, D.O., associate chief of general pediatrics and director of primary care at Children's Hospital in Boston.

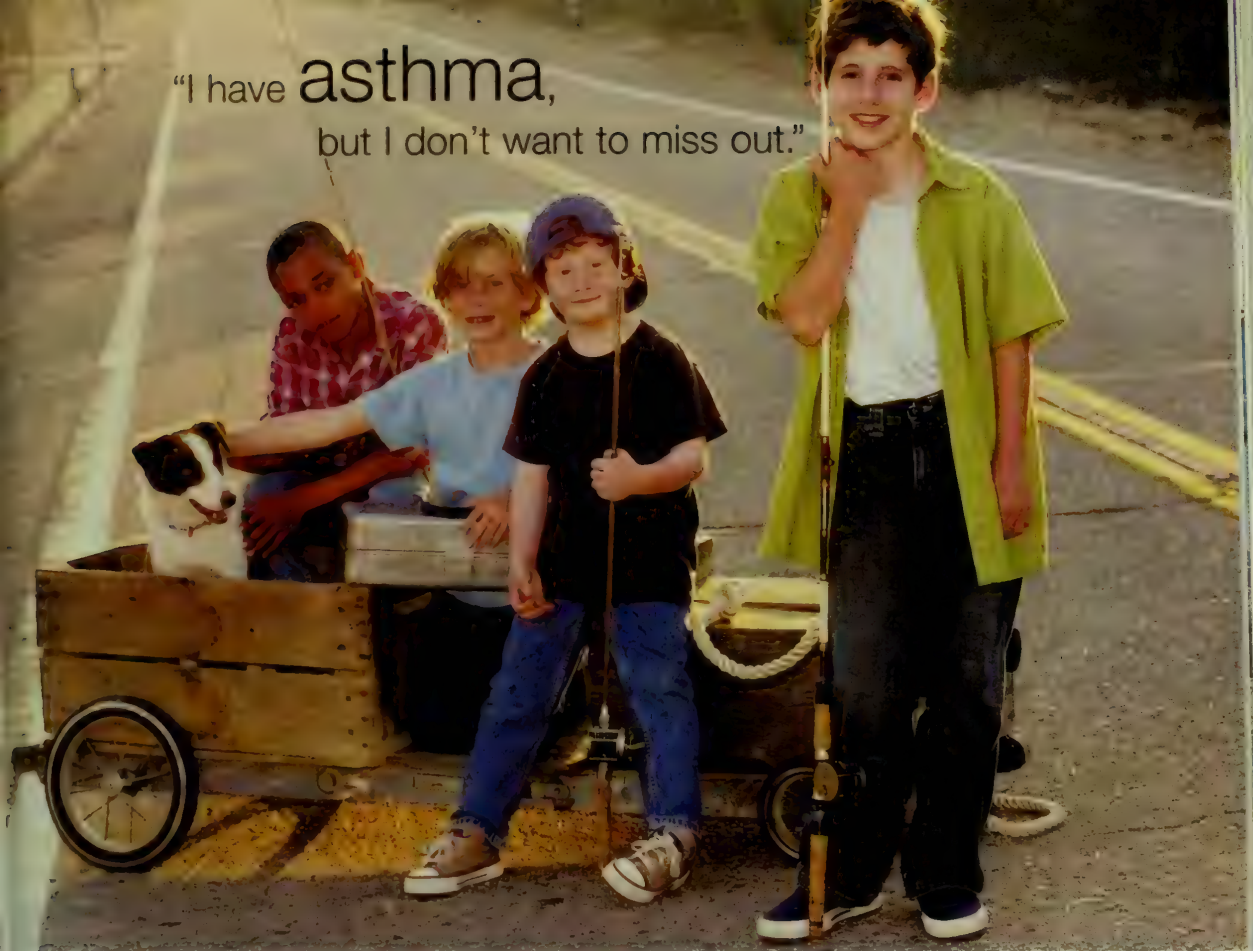
Not immunizing children can have devastating consequences. For example, increasing outbreaks of pertussis (whooping cough) have resulted in serious illness, hospitalization, and death, especially among vulnerable young infants.



There is promising news. Vaccine manufacturers are developing combination shots that will lower the number of required pokes.

To find out more, call the National Immunization Hotline at 800/232-2522.

continued on page 233



INGULAIR can help you control your child's asthma.

INGULAIR is different from many daily inhaled con-ollers. It's not a steroid and it's a once-a-day cherry ewable tablet that can help control your child's asthma r a full 24 hours.

NGULAIR helps keep the airways open to make breathing sier. It's also been shown to reduce reliance on rescue edications.

NGULAIR should NOT be used for the fast relief of ute asthma attacks or to prevent or treat asthma ade worse by exercise. Your child should still have scue medication available. Your child should continue to e their other asthma medications unless their doctor ls you to stop. SINGULAIR should be taken once a day, the evening as prescribed, whether or not your child has asthma symptoms. If symptoms get worse or they need to increase the use of their rescue inhaler, call their doctor at once.

In clinical studies, side effects were usually mild, and included headache, flu, runny nose, and ear infection, and generally did not stop patients from taking SINGULAIR. Side effects varied by age.

SINGULAIR is available in a 4-mg cherry chewable tablet for children 2–5 and a 5-mg cherry chewable tablet for children 6–14. It's also available in a 10-mg tablet for adults. SINGULAIR is available by prescription only.

Ask your child's doctor about adding once-a-day SINGULAIR.

And call 1-888-MERCK-57. Or visit our website at **singulair.com/kids**

ONCE-A-DAY
SINGULAIR
(MONTELUKAST SODIUM)

Asthma control that can help you breathe easier.

Please see the Patient Product Information on the next page and discuss it with your doctor.

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SINGULAIR® (Montelukast Sodium) Tablets and Chewable Tablets
Patient Information about
SINGULAIR® (SING-u-lair)
Generic name: montelukast (mon-te-LOO-kast) sodium

Read this information before you start taking SINGULAIR®. Also, read the leaflet each time you renew your prescription, in case anything has changed. This leaflet does not take the place of complete discussions with your doctor. You and your doctor should discuss SINGULAIR when you start taking your medicine and at regular checkups.

What is SINGULAIR®?

- Your doctor has prescribed SINGULAIR once a day for the long-term treatment of your (or your child's) asthma.
- SINGULAIR is a medicine called a leukotriene receptor antagonist. It works by blocking substances in the body called leukotrienes. Blocking leukotrienes improves asthma symptoms. SINGULAIR is not a steroid.
- SINGULAIR comes in 3 forms:
  1. A 10-mg tablet that you swallow whole (for adults and children above age 14).
  2. A 5-mg chewable tablet (for children ages 6-14).
  3. A 4-mg chewable tablet (for children ages 2-5).
- **SINGULAIR should NOT be used for the fast relief of asthma attacks.** If you get an asthma attack, you should follow the instructions your doctor gave you for treating asthma attacks.

What is asthma?

- Asthma is a continuing (chronic) lung disease. It cannot be cured, but it can be controlled.
- Symptoms of asthma include:
  - coughing
  - wheezing
  - chest tightness
- In some patients, symptoms worsen during the night or after exercise.

Who should not take SINGULAIR?

Patients with allergies to any components of SINGULAIR should not take SINGULAIR. The active ingredient in SINGULAIR is montelukast sodium. The inactive ingredients are listed at the end of this leaflet.

The safety and efficacy of SINGULAIR has not been established in children younger than age 2.

What should I tell my doctor before taking SINGULAIR?

Tell your doctor:

- If you are pregnant or plan to become pregnant. SINGULAIR may not be right for you.
- If you are breast-feeding. SINGULAIR may be passed in your milk to your baby.
- About any medical problems or allergies you have now or have had.
- About all medicines that you are taking or plan to take, including those you can get without a prescription.

How should I take SINGULAIR?

- Take SINGULAIR once a day in the evening.
- Take SINGULAIR daily for as long as your doctor prescribes it, even if you have no symptoms.
- You may take SINGULAIR with or without food.
- Children who are prescribed SINGULAIR should take it under the supervision of an adult.
- If your symptoms get worse, or if you need to increase the use of your inhaled rescue medicine for asthma attacks, contact your doctor at once.
- **Do NOT take SINGULAIR to stop an asthma attack.** If an attack occurs, follow the instructions your doctor gave you for asthma attacks.
- It is very important that you continue taking your other asthma medicines unless your doctor tells you to stop. In addition, do not lower the dose of any of your asthma medicines unless you are told to do so by your doctor. Your doctor may decide to reduce the amount you use of your current asthma medicine.
- If your asthma is made worse by exercise, continue to use the medicines your doctor prescribed for you to use before exercise, unless your doctor tells you otherwise. Always have your inhaled rescue medicine for asthma attacks with you in case you need it.

The dose for adults and adolescents 15 years and older is one 10-mg tablet daily. The dose for children 6 to 14 years old is one 5-mg chewable tablet daily. The dose for children 2 to 5 years old is one 4-mg chewable tablet daily.

What should I avoid while taking SINGULAIR?

- If your asthma is made worse by aspirin, you should continue to avoid aspirin or other non-steroidal anti-inflammatory drugs, such as ibuprofen and naproxen.

What are the possible side effects of SINGULAIR?

The side effects of SINGULAIR are usually mild.

- The side effects in patients treated with SINGULAIR were similar in type and frequency to side effects in patients who were given a placebo (a pill containing no medication).

The list below is NOT a complete list of side effects reported with SINGULAIR. Your doctor can discuss with you a more complete list of side effects. The most common side effects are listed below.

tiredness
fever
abdominal (stomach) pain
stomach or intestinal upset (gastroenteritis)
heartburn
dizziness
headache
rash
cough
flu
stuffy nose

Less common side effects included the following

- allergic reactions including:
  - swelling of the face, lips, tongue, and/or throat, which may cause difficulty in breathing or swallowing
  - hives
  - itching
- bad/vivid dreams
- hallucinations
- irritability
- restlessness
- insomnia
- seizures
- nausea
- vomiting
- dyspepsia
- diarrhea
- pancreatitis
- muscle aches and muscle cramps
- increased bleeding tendency
- bruising
- edema

Rarely, patients taking SINGULAIR have experienced a condition that includes a combination of certain symptoms that do not go away or that get worse. These symptoms may include

- a flu-like illness
- rash
- a feeling of pins and needles or numbness of arms or legs
- severe inflammation (pain and swelling) of the sinuses (sinusitis)

These have occurred usually, but not always, in patients who were taking oral corticosteroid pills for asthma and those corticosteroids were being slowly lowered or stopped. Although SINGULAIR has not been shown to cause this condition, you must tell your doctor right away if you develop one or more of these symptoms.

Remember, anytime you have a medical problem you think may be related to SINGULAIR, talk to your doctor.

Other Information

Do not share SINGULAIR with anyone else. It was prescribed only for you. Do not use it for a condition for which it was not prescribed.

Keep SINGULAIR and all medicines out of the reach of children.

Phenylketonurics: SINGULAIR 4-mg and 5-mg chewable tablets contain 0.674 and 0.842 mg phenylalanine, respectively.

This leaflet provides a summary of information about SINGULAIR. If you have any questions or concerns about either SINGULAIR or asthma, talk to your doctor. In addition, you can talk to your pharmacist or other health care provider. Your doctor or pharmacist can give you an additional leaflet that is written for health professionals.

Inactive ingredients:
4-mg and 5-mg chewable tablets: mannitol, microcrystalline cellulose, hydroxypropyl cellulose, red ferric oxide, croscarmellose sodium, cherry flavor, aspartame, and magnesium stearate.
10-mg tablet: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, magnesium stearate, hydroxypropyl methylcellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

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continued from page 230



Your Ear and the enemy within

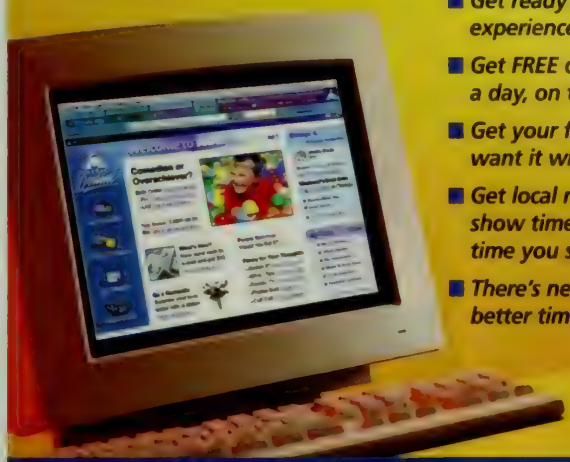
Imagine your inner ear cells as troops in the military suddenly attacked and destroyed by their own comrades. This "friendly fire" is how Virginia Ladd, president of the American Autoimmune Related Diseases Association (AARDA), describes the deafness that has affected radio talk show host Rush Limbaugh as well as thousands of other Americans.

Officially known as autoimmune inner ear disease (AIED), it is a rare and puzzling response by a person's immune system that can quickly lead to deafness. Some symptoms include tinnitus (ringing, tinkling, or buzzing in the ear) a feeling of pressure, perhaps dizziness, and a rapid loss of hearing.

Early diagnosis and treatment may prevent complete hearing loss. If you have any concerns about your hearing, contact your physician.

For more information on AIED, check out these Web sites: www.aarda.org or www.entnet.org.

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Women and Smoking

The number of lung cancer cases among women has jumped more than 600 percent since 1950. And behind every statistic is a story of love, loss, and remembering.

by Martha Miller

My mom, Ruth Miller, died of lung cancer at the age of 51. I was 19.

Mom started smoking when she was a teenager. She used to steal cigarettes from one of her eight brothers and sisters (they all smoked), then go hide in the bushes behind her house.

She quit for good in her late 30s. By then she had five kids, with another yet to come, and money was tight. She started to play tennis, but she was always tired and an occasional cough became a daily event. A decade later, after a series of tests, the doctors diagnosed lung cancer in December 1982.

Within the next year, the cancer spread to her bones, and she became even sicker. I was away at college, but I called Mom and told her I was coming home.

For the next six months, I was with her every day. It was my turn to mother. I cooked and cleaned, made sure Mom took all her medicine, and read to her when she was tired. I remember unwrapping rosary beads from her thin, bony hands at night after she fell asleep. Her biggest regret was leaving behind an 8-year-old son.

Mom died on a sunny Sunday afternoon in June 1984. My dad and all my sisters were around her bed, and I was holding her when she took her last breath.

Today, as a mother myself, I cannot imagine Mom's pain of leaving her family at such a young age. For me, it's past the time to talk about this deadly disease. There are some things you really need to know.

continued on page 236

I believe when life throws you a curve,
you just gotta brush it off.



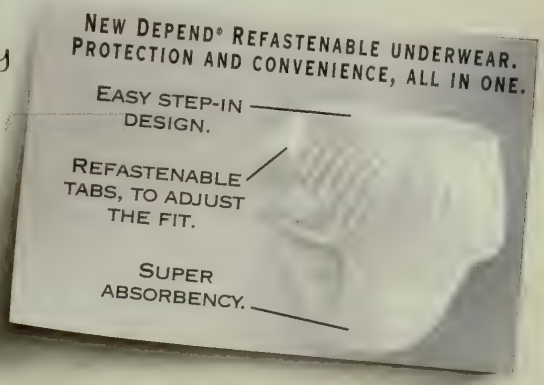
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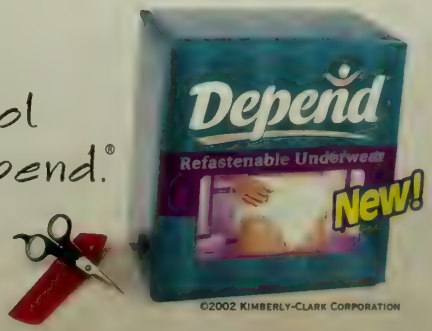


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Women and Smoking

continued from page 234

Smoking—risky business

One out of every four women dying of cancer today has lung cancer. But lung cancer did not become the leading cause of cancer death among U.S. women overnight. Women did not smoke in significant numbers until the 1930s and 1940s when they were targeted by tobacco manufacturers. Lucky Strike cigarettes saw a 312 percent increase in sales as a result of its "Reach for a Lucky instead of a sweet" advertising campaign, forever establishing the connection between smoking and slimness. By 1959, 27 percent of women smoked regularly as did 48 percent of men. Currently, 22 percent of women smoke compared to 26 percent of men.

COMPARED to nonsmokers, women who smoke:

- Have an increased risk of lung, mouth, kidney, bladder, esophagus, cervical, and pancreatic cancer.
- Start menopause an average two years earlier than they would if they did not smoke.
- Have a greater chance of having a stroke.
- Get more facial wrinkles.
- Are more likely to be diagnosed with osteoporosis.
- Experience more fertility problems.
- Are more likely to become depressed.
- Face an increased risk for cataracts and age-related macular degeneration.

Data suggest that women who smoke cigarettes may be twice as likely to develop lung cancer as their male counterparts. A gene that fuels lung cancer growth is more active in women than men, according to a study published in the *Journal of the National Cancer Institute*.

Nicotine is as addictive as cocaine and heroin. The faster a drug is delivered to the brain, the more addicting it is—and nicotine gets into a person's brain within seconds of being inhaled.



Teens light up

The message that smoking can kill you is not getting through to a number of teenagers. In 2000, 30 percent of high school senior girls and 33 percent of boys reported smoking within the last month. The younger teens are when they start smoking, the worse off they may be in the future. If you don't smoke by age 18 or 19, chances are you won't be a lifelong smoker, says Diane Stover, M.D., chief of pulmonary services and head of general medicine at Memorial Sloan-Kettering Cancer Center in New York City.

Quitting is tough but worth it

Women who smoke may have a more difficult time quitting than men, according to the National Institutes of Health. Among the reasons: a woman's menstrual cycle can worsen withdrawal symptoms, and women fear gaining weight.

Unfortunately, cigarettes do help reduce weight, says addiction expert Dorothy Hatsukami, Ph.D., a psychiatry professor at the University of Minnesota. Nicotine—one of the ingredients found in tobacco—somehow accelerates a person's metabolism so a smoker burns more calories than a nonsmoker when engaged in an activity.

Quitting is also hard because nicotine is a highly addictive drug. Nicotine is as addictive as cocaine and heroin; the faster a drug is delivered to the brain, the more addicting it is—and nicotine can get into a person's brain within seconds of being inhaled, says Hatsukami.

People who stop smoking, even well into middle age, can lower their risk of lung cancer, according to a study published in the *British Medical Journal*. The study found that women who continued to smoke at age 75 had a 10 percent chance of getting lung cancer, but the risk for women at 75 who had stopped at age 60 dropped to 5 percent. The risk dropped to 2 percent if a woman had quit at age 50. The risk was even lower for women who stopped earlier in life.

If you can't quit cold turkey, talk to your doctor about nicotine patches, gum, or the antidepressant Zyban, says Virginia Ernster, Ph.D., a professor of epidemiology at the University of California.

Early detection is key

Only 15 percent of lung cancer cases are diagnosed in the early stages. But catching the disease before it spreads can increase a person's survival. See your doctor if you experience any of these symptoms:.

- A cough that does not go away.
- Chest pain, often made worse by deep breathing.
- Hoarseness.
- Weight loss and loss of appetite.
- Bloody or rust-colored matter, such as saliva, mucus, or phlegm, that you cough up.
- Shortness of breath.
- Unexplained fatigue.
- Recurring infections, such as bronchitis and pneumonia.

Martha Miller, former health editor of Better Homes and Gardens®, *is a freelance writer.*

Heavy Periods

an Control Your Life





Or You Can Control Them

A simple 30-minute treatment can relieve the problem of difficult-to-manage, heavy periods

Menorrhagia (men-or-ah-jza) is defined as excessive menstrual bleeding. More than 1 in 5 women around the world suffer with it. Yet, half of the women in the United States who experience menorrhagia don't seek treatment. Perhaps that's because they don't know about a simple treatment that has been proven to reduce their menstrual flow by 86% on average.

GYNECARE THERMACHOICE UTERINE BALLOON THERAPY treats the lining of the uterus. Studies show that it is a safe and effective treatment for an overwhelming majority of women. In fact, 96% of women remain satisfied with the results from the therapy after 3 years. It is a one-time treatment that only takes 30 minutes and requires no hospital stay. And, in most cases, women return to work or family commitments the next day. THERMACHOICE is only intended for women with no plans for pregnancy and like all medical procedures involves risks. Ask your doctor if this treatment option is right for you.

1-888-GYNECARE

ww.ControlHeavyPeriods.com

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BHG02

by Catherine Hamrick

humor helps

Humor is the great thing, the saving thing after all. The minute it crops up, all our hardnesses yield, all our irritations and resentments flit away, and a sunny spirit takes their place.

—Mark Twain



Funny moments temper poignant experiences. Thirty-five years ago my mother was a young homemaker whose world went a tad wacky once her uncle, Colonel Francis Marion Brannan, suffered a stroke and moved in. His journey, an adventure that began more than 70 years earlier and included a memorable sojourn at West Point, was winding down. And during this two-year good-bye, our family went through an offbeat identity crisis: Uncle Francis thought my father was a general, my mother a sergeant, and we five children unruly privates.

Life with Uncle Francis

My parents tried to give Uncle Francis what he loved most about his disappearing world: ritual. Dad helped bathe, shave, and dress him—in crisp khakis, an oxford cloth shirt, and a tie. Then Uncle Francis marched up and down the street with the German shepherd my father brought home to serve as pet therapist. Uncle Francis named her Duchess, and they swept through the neighborhood at nine each morning and again at four in the afternoon. In between he napped and "read" the newspaper upside down.

My mother frequently served Uncle Francis a steaming bowl of chicken soup for lunch, a work of art wrought from a long-simmering broth of chicken, celery, carrots, parsley, basil, bay leaf, and onion. One time, to my mother's amusement, he pulled rank.

"Soup's on!" she cheerily called.

"Sergeant, the food here is lacking, and the service, I dare say, abominable," Uncle Francis loftily replied.

"I'll speak to the mess," she smiled and kept ladling.

Uncle Francis greeted my father every evening: "General, how was it in the field today?"

"Fine, just fine," my father replied, and we sat down to dinner. A couple of hours later, Uncle Francis was tucked in as gently and securely as we were.

Watching Uncle Francis fade away sometimes caused my parents tears and anguish. But keeping a sense humor helped them lighten up when caregiving taxed their energy. My mother kidded my dad that the women's movement had kicked in too late to ensure *her* promotion to rank of general.

Laugh, heal, live

Laughter—whether caused by a joke, a screwball movie, or a silly cartoon—has a therapeutic effect. It releases endorphins, the body's natural painkillers, which can cause you to be happy. Laughter can lower stress and blood pressure while improving the immune system's ability to respond to illness, according to research by Lee S. Berk, Ph.D. in public health. He and colleague Stanley A. Tan, M.D., at Loma Linda University School of Medicine in California, are leading experts on the study of laughter and its positive effect on health.

A deep belly laugh may not be the prescription for a cure, but it can make you feel better and help you cope with life's challenges.

LAUGHTER IS INFECTIOUS—PASS IT ON

If someone you love is under the weather, send a card on which you've written your favorite recipe for chicken soup and these Web sites: www.humorproject.com and www.jesthealth.com. Or go to www.bhg.com for soup recipes that comfort and nourish.



Finally, something your heart and your taste buds can agree on.

Chocolate chunks. Lemon-icing. Peanut butter fudge. Before TruSoy,™ if you had a healthy lifestyle you wouldn't let these words cross your mind let alone your plate. Now, thanks to the convenience of our soy bars and shakes you can indulge in these delicious, decadent delights whenever and wherever you want. What's more, they have unique blend of non-gmo soy, vitamins and minerals to keep your heart healthy and happy. One thing's for sure, if taste uds had hands they'd be applauding. So, give TruSoy bars, shakes and supplements a try.



Things are good on th



Good start.



Good day.

IMPORTANT SAFETY INFORMATION FOR PATIENTS:

ADDERALL XR is for patients with a confirmed diagnosis of attention-deficit/hyperactivity disorder (ADHD). **ADDERALL XR** should not be used in children under 6 years of age.

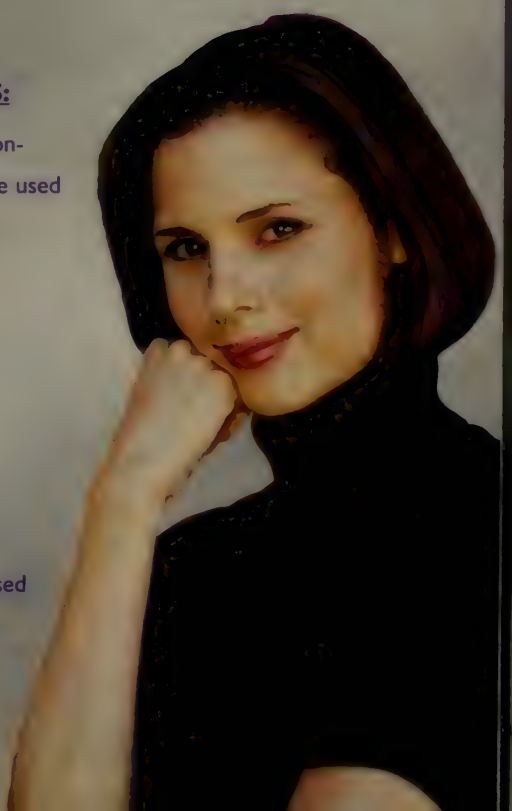
ADDERALL XR should not be used in children

- Who are overly anxious or agitated
- With glaucoma, tics, or Tourette's syndrome
- Who are taking or who recently took an MAO inhibitor

Amphetamines have a high potential for abuse. Caution is advised in patients with a history of drug or alcohol dependence, mental illness, seizures, high blood pressure, or heart conditions.

The most common side effects with **ADDERALL XR** include decreased appetite, abdominal pain, loss of sleep (insomnia), and emotional lability.

Shire US Inc.
...your ADHD support company



DHD front.



Good tomorrow.

If your child is taking Adderall®, ask your doctor if now is a good time for your child to try

NEW ADDERALL XR™ Extended-Release Capsules.

If you have a child with ADHD, you know how hard some days can be. The right medication is a good start in making things better for your child and your whole family.

A single morning dose of **ADDERALL XR** provides effective control of ADHD symptoms throughout the day, including the important times when many children participate in sports, after-school activities, and do homework.[1-3] Just one dose in the morning, and you and your child are free from the inconvenience of multiple daily doses or the need to take medication to school.

Ask your doctor today about the benefits of NEW once a day ADDERALL XR and whether or not now is a good time to switch to a once a day medication that can help your child make the most of his or her entire day!

You can also access ADDERALLXR.com or Call 888-774-3000 for more information.

NEW ONE DOSE DAILY ADDERALL XR™ CII

10 mg, 20 mg, 30 mg CAPSULES

Please see references and a brief summary of prescribing information on adjacent page.

ADDERALL® is registered in the United States Patent and Trademark Office.

©2002 Shire US Inc., Florence, Kentucky 41042

January 2002 AXJA304

Shire

References: **1.** Data on file, Shire US Inc., 2001. **2.** ADDERALL XR package insert, Shire US Inc., 2001. **3.** Biederman J. Once-daily dosed SLI 381 for pediatric ADHD. Platform presentation at: 154th Annual Meeting of the American Psychiatric Association; May 9, 2001; New Orleans, La.

ONE DOSE DAILY

ADDERALL XR® CII

10 mg, 20 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

BRIEF SUMMARY: Consult the full prescribing information for complete product information.

ADDERALL XR™ CAPSULES **CII Rx Only**

AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY.

INDICATIONS

ADDERALL XR™ is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD).
The efficacy of ADDERALL XR™ in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL®, the immediate-release formulation of this substance.

CONTRAINDICATIONS

Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma. Agitated states. Patients with a history of drug abuse.
During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result).

WARNINGS

Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder.
Long-Term Suppression of Growth: Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted.

PRECAUTIONS

General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage.
Hypertension and other Cardiovascular Conditions: Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR™, especially patients with hypertension.
Tics: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications.
Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly.
Drug Interactions: *Acidifying agents*—Gastrointestinal acidifying agents (guanethidine, reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines.
Urinary acidifying agents—These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing urinary excretion. Both groups of agents lower blood levels and efficacy of amphetamines.
Adrenergic blockers—Adrenergic blockers are inhibited by amphetamines.
Alkalinizing agents—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR™ and gastrointestinal alkalinizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines.
Antidepressants, tricyclic—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain; cardiovascular effects can be potentiated.
MAO inhibitors—MAOI antidepressants, as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results.
Antihistamines—Amphetamines may counteract the sedative effect of antihistamines.
Antihypertensives—Amphetamines may antagonize the hypotensive effects of antihypertensives.
Chlorpromazine—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning.
Ethosuximide—Amphetamines may delay intestinal absorption of ethosuximide.
Haloperidol—Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines.
Lithium carbonate—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate.
Meperidine—Amphetamines potentiate the analgesic effect of meperidine.
Methenamine therapy—Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methenamine therapy.
Norepinephrine—Amphetamines enhance the adrenergic effect of norepinephrine.
Phenobarbital—Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action.
Phenytoin—Amphetamines may delay intestinal absorption of phenytoin; co-administration of phenytoin may produce a synergistic anticonvulsant action.
Propoxyphene—In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur.
Veratrum alkaloids—Amphetamines inhibit the hypotensive effect of veratrum alkaloids.
Drug/Laboratory Test Interactions: Amphetamines can cause a significant elevation in plasma corticosteroid levels. This increase is greatest in the evening.
Amphetamines may interfere with urinary steroid determinations.
Carcinogenesis/Mutagenesis and Impairment of Fertility: No evidence of carcinogenicity was found in studies in which d,l-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice, 19 mg/kg/day in female mice, and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test *in vivo* and was negative when tested in the *E coli* component of the Ames test *in vitro*. d,l-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the *in vitro* sister chromatid exchange and chromosomal aberration assays.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis).
Pregnancy: Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL® (d- to l- ratio of 3:1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m² body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mg/day on a mg/m² basis) or greater to pregnant animals. Administration of these doses was also associated with severe maternal toxicity.
A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,l-), at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function.
There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (vater association) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and low birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by dysphoria, including agitation, and significant lassitude.
Usage in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to refrain from nursing.
Pediatric Use: ADDERALL XR™ is indicated for use in children 6 years of age and older.
Use in Children Under Six Years of Age: Effects of ADDERALL XR™ in 3-5 year olds have not been studied. Long-term effects of amphetamines in children have not been well established. Amphetamines are not recommended for use in children under 3 years of age.
Geriatric Use: ADDERALL XR™ has not been studied in the geriatric population.

ADVERSE EVENTS

The premarketing development program for ADDERALL XR™ included exposures in a total of 685 participants in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR™ at daily doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies, one open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all patients are included in the discussion that follows. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs.
Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tables and listings that follow, COSTART terminology has been used to classify reported adverse events.
The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed.
Adverse events associated with discontinuation of treatment: In two placebo-controlled studies of up to 5 weeks duration, 2.4% (10/425) of ADDERALL XR™ treated patients discontinued due to adverse events (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (7/259) receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL XR™ in controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of these patients were exposed to ADDERALL XR™ for 12 months or more.

Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical trial of pediatric patients treated with ADDERALL XR™ or placebo are presented in the table below.
The prescriber should be aware that these figures cannot be used to predict the incidence of adverse events in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factors to the adverse event incidence rate in the population studied.

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR™ with Higher Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR™ (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use:
Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use.
Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome.
Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss may occur as undesirable effects.
Allergic: Urticaria.
Endocrine: Impotence, changes in libido.

DRUG ABUSE AND DEPENDENCE

ADDERALL XR™ is a Schedule II controlled substance.
Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and severe social disability have occurred. There are reports of patients who have increased the dosage to many times that recommended. Abrupt cessation following prolonged high dosage administration results in extreme fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of chronic intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most severe manifestation of chronic intoxication is psychosis, often clinically indistinguishable from schizophrenia.

OVERDOSAGE

Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratically at low doses.
Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, tremor, hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyrexia and rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convulsions and coma.
Treatment: Consult with a Certified Poison Control Center for up-to-date guidance and advice. Management of acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of activated charcoal, administration of a cathartic and sedation. Experience with hemodialysis or peritoneal dialysis is inadequate to permit recommendation in this regard. Acidification of the urine increases amphetamine excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute severe hypertension complicates amphetamine overdosage, administration of intravenous phentolamine has been suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation has been achieved. Chlorpromazine antagonizes the central stimulant effects of amphetamines and can be used to treat amphetamine intoxication.
The prolonged release of mixed amphetamine salts from ADDERALL XR™ should be considered when treating patients with overdose.
Dispense in a tight, light-resistant container as defined in the USP.
Store at 25° C (77° F). Excursions permitted to 15-30° C (59-86° F) [see USP Controlled Room Temperature].

Manufactured by Catalytica Pharmaceuticals Inc., Greenville, North Carolina 27835. Distributed and marketed by Shire US Inc., Florence, KY 41042

For more information call 1-800-536-7878 or visit www.adderallxr.com

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JM1MSACLH

The Art of Forgiveness

by Becky Mollenkamp

Let go of your anger. Move on. Your heart may be healthier, and certainly less heavy.

Most Americans think it's important to forgive, according to a Gallup Poll. But in reality, less than half of us actually try to do so. Maybe more would give it a try if they knew the positive benefits of releasing anger.



"If we practice an eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless."

—Mahatma Ghandi

Forgiveness research is fairly new, but the findings so far are compelling.

- Anger-prone people were three times more likely to have heart attacks or bypass surgery than less-angry folks, according to a study that included 13,000 men and women. The study was published in *Circulation* magazine.
- Men who were better at diffusing anger had half as many strokes as angrier men in a seven-year study of 2,110 middle-aged men conducted by University of Michigan researchers.
- A University of Pittsburgh study of 680 women with chest pain found those who harbored feelings of anger were four times more likely to have unhealthy cholesterol levels and a higher body mass index, which are linked to heart disease.

Beth Monroe, a public relations manager in Virginia, knows it doesn't help to hold a grudge. When she's cut off in traffic or a coworker gets under her skin, Monroe thinks of the healing powers of forgiveness.

"If you don't forgive, you hurt yourself more than the person who hurt you," she says. "It's really in your own best interest to forgive."

Monroe found the strength to forgive her unloving ex-husband just before he died of cancer. She thinks it's just as important to let go of more benign anger, such as frustration with her new husband's messy habits.

"It's not just the big issues that can be huge stumbling blocks," she says. "Even minor things can accumulate and bring down a relationship."

Of course, forgiving isn't always easy. Six years ago, a teenage robber killed Everett Worthington's mother in her home. A psychologist and the author of *Five Steps to Forgiveness* (2001), Worthington developed a method that helped him forgive his mother's killer. These steps can help you too.

- Remember the pain as objectively as possible. Get the facts straight about what happened, but avoid dwelling on it. Focus on something that gives you pleasure—a hobby, a good book, or your favorite music.
- Empathize with the person who hurt you. If that's too difficult, try replacing your anger with compassion or sympathy.
- Forgive for the other person's benefit. One study found that forgiving for selfish reasons had only short-term health benefits, while altruism's effects were longer lasting.
- Commit publicly to forgive in a certificate, a letter, or a declaration to a friend. Without this step, it may be only minutes or hours before you feel like nothing has changed.
- There's an old adage to forget what you forgive. However, psychologists say that it isn't necessary or even wise. Suppressing memories doesn't work. Instead, hold on to forgiveness. When you see someone who has hurt you, the pain will return. Choose not to ruminate on the emotion, and it will pass quickly.

Today's purple pill is NEXIUM.
From the makers of Prilosec® (omeprazole).



Relieve the heartburn.
Heal the damage.

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

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Please read the important Product Information about NEXIUM on the following page and discuss it with your doctor.

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AstraZeneca

Nexium®
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*

20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system: ***Body as a Whole:*** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; ***Cardiovascular:*** flushing, hypertension, tachycardia; ***Endocrine:*** goiter; ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; ***Hearing:*** earache, tinnitus; ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect. ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis; ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis), was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-**ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

Prilosec® *(omeprazole)*

20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND U**
Erosive Esophagitis: PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the h
erosive esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS** **Omeprazole** PRILOSEC
Release Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PR**
TIONS Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic
has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Informati**
Patients: PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crus
should be swallowed whole. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, war
phenytoin, drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theop
propranolol was found, there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-45
(eg, cyclosporine, disulfiram, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust th
of these drugs when taken concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion, therefore, it is the
possible that omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioa
(eg, ketoconazole, ampicillin esters, digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the ac
tion of PRILOSEC. **Carcinogenesis, Mutagenesis, Impairment of Fertility:** In two 24-month carcinogenici
in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human do
on a patient weight of 50 kg and a human dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in
and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazol
carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sex
of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for
then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of
related ECL cell hyperplasia was observed at the end of one year (94% treated vs 10% controls). By the second year the
between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. A
primary malignant tumor in the stomach was seen in one rat (2%). No similar tumor was seen in male or female ra
for two years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is
interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the stud
conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimurium* assay, an *in vitro* mouse lymp
assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250 times the human dose gave
line result, as did an *in vivo* bone marrow chromosome aberration test. A second mouse micronucleus study at 2000
human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general reproductive pe
test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was not tox
terious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducted in
rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to 69
(approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole.
omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced d
increases in embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and
developmental toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/da
imately 35 to 345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporad
have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during
Omeprazole should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Mothers: It is not known whether omeprazole is excreted in human milk. In rats, omeprazole administration during lat
and lactation at doses of 13.8 to 138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight ga
Because many drugs are excreted in human milk, because of the potential for serious adverse reactions in nursing in
omeprazole, and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decis
be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to t
Pediatric Use: Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** No overall
in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience ha
tified differences in responses between the elderly and younger patients, but greater sensitivity of some older individual
ruled out. **ADVERSE REACTIONS** In the U.S. clinical trial population of 465 patients (including duodenal ulcer, Zollin
syndrome and resistant ulcer patients), the following adverse experiences were reported to occur in 1% or more of
therapy with PRILOSEC. Numbers in parentheses indicate percentages of the adverse experiences considered by inves
possibly, probably or definitely related to the drug:

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in
double-blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 pat
placebo. A causal relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *Body as a whole-unspecified:* Abdominal Pain 5.2% and 3.3%; Asthenia 1.3% and 0.8%. *Digestive System:* Constipation 1.5 and
3.7 and 2.5; Flatulence 2.7 and 5.8; Nausea 4.0 and 6.7; Vomiting 3.2 and 10.0. Acid regurgitation 1.9 and 3.
System/Psychiatric: Headache 2.9 and 2.5. Additional adverse experiences occurring in < 1% of patients or subjects
and/or international trials, or occurring since the drug was marketed, are shown below within each body system. In mar
the relationship to PRILOSEC was unclear. *Body As a Whole* Allergic reactions, including, rarely, anaphylaxis (see also
fever, pain, fatigue, malaise, abdominal swelling. *Cardiovascular:* Chest pain or angina, tachycardia, bradycardia, palpitat
blood pressure, peripheral edema. *Gastrointestinal:* Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal
esophageal candidiasis, mucosal atrophy of the tongue, dry mouth. During treatment with omeprazole, gastric fundic
have been noted rarely. These polyps are benign and appear to be reversible when treatment is discontinued. Gastrodu
noids have been reported in patients with ZE syndrome on long-term treatment with PRILOSEC. This finding is believed
festation of the underlying condition, which is known to be associated with such tumors. *Hepatic:* Mild and, rarely, ma
of liver function tests [ALT (SGPT), AST (SGOT), γ-glutamyl transpeptidase, alkaline phosphatase, and bilirubin (jaund
instances, overt liver disease has occurred, including hepatocellular, cholestatic, or mixed hepatitis, liver necrosis
hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional:* Hyponatremia, hypoglycemia,
Musculoskeletal: Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous System/Psychiatric:* Psychic
including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremors, apathy, somnolence, a
abnormalities; vertigo; paresthesia; hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal pain. *Skin:* Rash and,
severe generalized skin reactions including toxic epidermal necrolysis (TEN, some fatal), Stevens-Johnson syndrome,
multiforme (some severe), purpura and/or petechiae (some with rechallenge), skin inflammation, urticaria, angioede
alopecia, dry skin, hyperhidrosis. *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial nephritis (some
rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinuria, hem
suria, testicular pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), throm
neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. **OVERDOSAGE** Reports have be
overdosage with omeprazole in humans. Doses ranged up to 2400 mg (120 times the usual recommended
Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, vomiting,
flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (See AD
TIONS) Symptoms were transient, and no serious clinical outcome has been reported when PRILOSEC was taken alon
antidote for omeprazole overdosage is known. Omeprazole is extensively protein bound and is, therefore, not readily
the event of overdosage, treatment should be symptomatic and supportive.

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AstraZeneca

NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with

"I'm not trying to climb Everest. Just the stairs."



"That's why I use Osteo Bi-*Flex*. It works naturally over time to repair cartilage and keep my joints healthy and flexible."

Nobody offers more solutions than Osteo Bi-*Flex*, the #1 supplement for joint health. From our Triple Strength formula to our great-tasting soft fruit chews, we understand your needs.

Osteo Bi-*Flex*. The brand doctors recommend most for healthy joints.



For more information, visit osteobiflex.com

Based on the results of the National Drug and Therapeutic Index syndicated report among physicians who recommend a branded glucosamine supplement, March 2001 for Osteo Bi-*Flex* dietary supplements, glucosamine (1500 mg) and chondroitin (1200 mg).

Today, having mad passionate moments without worrying about birth control officially counts as one of the joys of motherhood.



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Meet Mirena®. Birth control for moms.

Whether you're a new mom or a mom many times over, we think you'll be overjoyed to hear about Mirena. Mirena gives you the joy of spontaneity, the joy of peace-of-mind, as well as the joy of crossing birth control off that very long list called Things I Have To Think About. Because Mirena is innovative and over 99% effective, it can free you from worrying about birth control for up to 5 years. (Are you starting to feel the joy? Read on.)



The joy of spontaneity. With Mirena, there's no pill to remember, no cream, no mess, nothing to break the mood. After all, moms don't get a lot of free time to be intimate, so you should fully enjoy every moment you get. Easily inserted by your doctor in a routine office visit, Mirena is perfect for family planning as well. If you decide you want to have more children, just have Mirena removed. Studies show your chances of getting pregnant after Mirena are the same as for women who have not been using any method of birth control. Mirena may also give you shorter, lighter periods and is estrogen-free.

The joy of peace-of-mind. Whether you have date night once a week or find time every few days, you can rely on Mirena to prevent pregnancy without you having to do a thing. Because Mirena is an intrauterine system with a proven track record. It's FDA approved and has been successfully used by 2 million women in Europe over the past ten years. (Maybe that's why European moms seem so care-free.)



The joy of crossing birth control off that very long list called Things I Have To Think About. This one's a biggie. Being able to forget about birth control while still being confidently protected is enough to make you feel like adding "make love more often" to your To Do list.

Ask your doctor about Mirena—Birth control for moms. For more information, you can visit www.mirena.com/bh or call 1-800-986-1515, and we'll send you a free brochure. (Oh, joy!)

You may have some questions we can answer right now. For instance, "Is intrauterine contraception right for me?" Only your doctor can determine that, but women with a history of or at risk for pelvic inflammatory disease or ectopic pregnancy should not use Mirena. Otherwise, most moms are typically good candidates for Mirena. "What about side effects?" you ask. Well, they're uncommon and may include a cyst on the ovaries, missed menstrual periods, irregular bleeding or spotting for the first 3-6 months, or lighter, shorter periods thereafter. *Mirena does not protect against HIV (AIDS) and other sexually transmitted diseases.* Please see brief summary of Prescribing Information on the reverse side.

Mirena®
(levonorgestrel-releasing intrauterine system) 20 µg/day

Birth control for Moms.

MIRENA® (levonorgestrel-releasing intrauterine system)

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTHER SEXUALLY TRANSMITTED DISEASES

Rx only

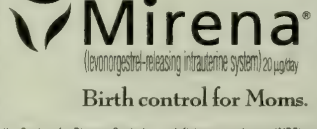
INDICATIONS AND USAGE: MIRENA® is indicated for intrauterine contraception for up to 5 years. Thereafter, if continued contraception is desired, the system should be replaced. **RECOMMENDED PATIENT PROFILE:** MIRENA® is recommended for women who have had at least one child, are in a stable, mutually monogamous relationship, have no history of pelvic inflammatory disease, and have no history of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

CONTRAINDICATIONS: MIRENA® insertion is contraindicated when one or more of the following conditions exist: 1. Pregnancy or suspicion of pregnancy. 2. Congenital or acquired uterine anomaly including fibroids if they distort the uterine cavity. 3. Acute pelvic inflammatory disease or a history of pelvic inflammatory disease unless there has been a subsequent intrauterine pregnancy. 4. Postpartum endometritis or infected abortion in the past 3 months. 5. Known or suspected uterine or cervical neoplasia or unresolved, abnormal Pap smear. 6. Genital bleeding of unknown etiology. 7. Untreated acute cervicitis or vaginitis, including bacterial vaginosis or other lower genital tract infections until infection is controlled. 8. Acute liver disease or liver tumor (benign or malignant). 9. Woman or her partner has multiple sexual partners. 10. Conditions associated with increased susceptibility to infections with microorganisms. Such conditions include, but are not limited to, leukemia, acquired immune deficiency syndrome (AIDS), and I.V. drug abuse. 11. Genital actinomycosis (See **WARNINGS**). 12. A previously inserted IUD that has not been removed. 13. Hypersensitivity to any component of this product. 14. Known or suspected carcinoma of the breast. 15. History of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

WARNINGS: 1. Ectopic Pregnancy: In large clinical trials of MIRENA®, half of all pregnancies detected during the studies were ectopic. The per-year incidence of ectopic pregnancy in the clinical trials was approximately 1 ectopic pregnancy per 1000 users per year. The rate of ectopic pregnancies associated with MIRENA® use is not significantly different than the rate for sexually active women not using any contraception. Clinical trials of MIRENA® excluded women with a history of ectopic pregnancy. MIRENA® is not recommended for use in women with a history of ectopic pregnancy or conditions that increase the risk of ectopic pregnancy. Women who choose MIRENA® must be warned about the risks of ectopic pregnancy. They should be taught to recognize and report to their physician promptly any symptoms of ectopic pregnancy. Women should also be informed that ectopic pregnancy has been associated with complications leading to loss of fertility. **2. Intrauterine Pregnancy:** In the event of an intrauterine pregnancy with MIRENA®, the following should be considered: a) Septic abortion: In patients becoming pregnant with an IUD in place, septic abortion—with septicemia, septic shock, and death—may occur. If pregnancy should occur with a MIRENA® in place, MIRENA® should be removed. Removal or manipulation of MIRENA® may result in pregnancy loss. b) Continuation of pregnancy: If a woman becomes pregnant with MIRENA® in place and if MIRENA® cannot be removed or the woman chooses not to have it removed, she should be warned that failure to remove MIRENA® increases the risk of miscarriage, sepsis, premature labor and premature delivery. She should be followed closely and advised to report immediately any flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge or leakage of fluid. c) Long-term effects and congenital anomalies: When pregnancy continues with MIRENA® in place, long-term effects on the offspring are unknown. Because of the intrauterine administration of levonorgestrel and local exposure to the hormone, the possibility of teratogenicity following exposure to MIRENA® cannot be completely excluded. Clinical experience with the outcomes of pregnancies is limited due to the small number of reported pregnancies following exposure to MIRENA®. Congenital anomalies have occurred infrequently when MIRENA® has been in place during pregnancy. In these cases the role of MIRENA® in the development of the congenital anomalies is unknown. As of September 1999, 32 live births following exposure to MIRENA® were reported retrospectively. All but 2 of the infants were healthy at birth. One infant had pulmonary artery hypoplasia and another infant had cystic hypoplastic kidneys. (A sibling of this infant had renal agenesis with no MIRENA® exposure.) **3. Sepsis:** As of 1999, four cases of Group A streptococcal sepsis (GAS) out of an estimated 1.3 million MIRENA® users were reported. All four women experienced the symptom of severe pain within hours of insertion, and this was followed by sepsis within a few days (of insertion). All recovered with treatment. Since death from GAS is more likely if treatment is delayed, it is important to be aware of these rare but serious infections. Aseptic technique during MIRENA® insertion is essential. (GAS sepsis can also occur postpartum, after minor surgery, in wounds and in association with other IUDs.) **4. Pelvic Inflammatory Disease (PID):** MIRENA® is contraindicated in the presence of known or suspected PID or in women with a history of PID unless there has been a subsequent intrauterine pregnancy. Use of IUDs has been associated with an increased risk of PID. The highest risk of PID occurs shortly after insertion (usually within the first 20 days thereafter) (see **Insertion Precautions**). A decision to use MIRENA® must include consideration of the risks of PID. a) Women at increased risk for PID: PID is often associated with a sexually transmitted disease, and MIRENA® does not protect against sexually transmitted disease. The risk of PID is greater for women who have multiple sexual partners, and also for women whose sexual partner(s) have multiple sexual partners. Women who have ever had PID are at increased risk for a recurrence or re-infection. b) PID warning to MIRENA® users: All women who choose MIRENA® must be informed prior to insertion about the possibility of PID and that PID can cause tubal damage leading to ectopic pregnancy or infertility, or in infrequent cases can necessitate hysterectomy, or can cause death. Patients must be taught to recognize and report to their physician promptly any symptoms of pelvic inflammatory disease. These symptoms include development of menstrual disorders (prolonged or heavy bleeding), unusual vaginal discharge, abdominal or pelvic pain or tenderness, dyspareunia, chills, and fever. c) Asymptomatic PID: PID may be asymptomatic but still result in tubal damage and its sequelae. d) Treatment of PID: Following a diagnosis of PID, or suspected PID, bacteriologic specimens should be obtained and antibiotic therapy should be initiated promptly. Removal of MIRENA® after initiation of antibiotic therapy is usually appropriate. Guidelines for PID treatment are available from the Centers for Disease Control (CDC), Atlanta, Georgia. Adequate PID treatment requires the application of current standards of therapy prevailing at the time of occurrence of the infection with reference to prescription labeling. Actinomycosis has been associated with IUDs. Symptomatic women with IUDs should have the IUD removed and should receive antibiotics. However, the management of the asymptomatic carrier is controversial because actinomycetes can be found normally in the genital tract cultures in healthy women without IUDs. False positive findings of actinomycosis on Pap smears can be a problem. When possible, confirm the Pap smear diagnosis with cultures. **5. Irregular Bleeding and Amenorrhea:** MIRENA® can alter the bleeding pattern. During the first three to six months of MIRENA® use the number of bleeding and spotting days may be increased and bleeding patterns may be irregular. Thereafter the number of bleeding and spotting days usually decreases but bleeding may remain irregular. If bleeding irregularities develop during prolonged treatment, appropriate diagnostic measures should be taken to rule out endometrial pathology. Amenorrhea develops in approximately 20% of MIRENA® users by one year. The possibility of pregnancy should be considered if menstruation does not occur within six weeks of the onset of previous menstruation. Once pregnancy has been excluded, repeated pregnancy tests are not necessary in amenorrheic subjects unless indicated by other signs of pregnancy or by pelvic pain. **6. Embedment:** Partial penetration or embedment of MIRENA® in the myometrium may decrease contraceptive effectiveness and can result in difficult removals. **7. Perforation:** An IUD may perforate the uterus or cervix, most often during insertion although the perforation may not be detected until some time later. If perforation occurs, the IUD must be removed and surgery may be required. Adhesions, peritonitis, intestinal perforations, intestinal obstruction, abscesses and erosion of adjacent viscera have been reported with IUDs. It is recommended that postpartum MIRENA® insertion be delayed until uterine involution is complete to decrease perforation risk. There is an increased risk of perforation in women who are lactating. Inserting MIRENA® immediately after first trimester abortion is not known to increase the risk of perforation, but insertion after second trimester abortion should be delayed until uterine involution is complete. **8. Ovarian Cysts:** Since the contraceptive effect of MIRENA® is mainly due to its local effect, ovulatory cycles with follicular rupture usually occur in women of fertile age using MIRENA®. Sometimes atresia of the follicle is delayed and the follicle may continue to grow. Enlarged follicles have been diagnosed in about 12% of the subjects using MIRENA®. Most of these follicles are asymptomatic, although some may be accompanied by pelvic pain or dyspareunia. In most cases the enlarged follicles disappear spontaneously during two to three months' observation. Surgical intervention is not usually required. **9. Breast Cancer:** Women who currently have or have had breast cancer should not use hormonal contraception because breast cancer is a hormone-sensitive tumor. **10. Risks of Mortality:** The available data from a variety of sources have been analyzed to estimate the risk of death associated with various methods of contraception. The estimates of risk of death include the combined risk of the contraceptive method plus the risk of pregnancy or abortion in the event of method failure. The findings of the analysis are shown in the following table: **Annual Number of Birth-Related or Method-Related Deaths Associated with Control of Fertility per 100,000 Nonsterile Women, by Fertility Control Method According to Age**

	AGE GROUP					
METHODS	15-19	20-24	25-29	30-34	35-39	40-44
No Birth Control Method/Term	4.7	5.4	4.8	6.3	11.7	20.6
No Birth Control Method/AB	2.1	2.0	1.6	1.9	2.8	5.3
IUD	0.2	0.3	0.2	0.1	0.3	0.6
Periodic Abstinence	1.4	1.3	0.7	1.0	1.0	1.9
Withdrawal	0.9	1.7	0.9	1.3	0.8	1.5
Condom	0.6	1.2	0.6	0.9	0.5	1.0
Diaphragm/Cap	0.6	1.1	0.6	0.9	1.6	3.1
Sponge	0.8	1.5	0.8	1.1	2.2	4.1
Spermicides	1.6	1.9	1.4	1.9	1.5	2.7
Oral Contraceptives	0.8	1.3	1.1	1.8	1.0	1.9
Implants/Injectables	0.2	0.6	0.5	0.8	0.5	0.6
Tubal Sterilization	1.3	1.2	1.1	1.1	1.2	1.3
Vasectomy	0.1	0.1	0.1	0.1	0.1	0.2

Harlap S, et al. Preventing pregnancy, protecting health: a new look at birth control choices in the US. The Alan Guttmacher Institute: 1991:1-129.



PRECAUTIONS

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTHER SEXUALLY TRANSMITTED DISEASES.

1. Patient Counseling: Prior to insertion, the physician, nurse, or other trained health professional must provide the patient with the Patient Package Insert. The patient should be given the opportunity to read the information and discuss fully any questions she may have concerning MIRENA® as well as other methods of contraception. Careful and objective counseling of the user prior to insertion regarding the expected bleeding pattern, the possible interindividual variation in changes in bleeding and the etiology of the changes may have an effect on the frequency of removal due to bleeding problems and amenorrhea. The patient should be told that some bleeding such as irregular or prolonged bleeding and spotting, and/or cramps may occur during the first few weeks after insertion. If her symptoms continue or are severe she should report them to her health care provider. She should also be given instructions on what other symptoms require her to call her physician. She should be instructed on how to check after her menstrual period to make certain that the thread still protrudes from the cervix and cautioned not to pull on the thread and dislodge MIRENA®. She should be informed that there is no contraceptive protection if MIRENA® is displaced or expelled. **Patient Evaluation and Clinical Considerations:** a) A complete medical and social history, including that of the partner, should be obtained to determine conditions that might influence the selection of an IUD for contraception (see **CONTRAINDICATIONS**). A physical examination should include a pelvic examination, a Pap smear, and appropriate tests for any other forms of genital disease, such as gonorrhea and chlamydia laboratory evaluations, if indicated. **Special attention must be given to ascertaining whether the woman is at increased risk of ectopic pregnancy or PID. MIRENA® is contraindicated in these women.** b) **The health care provider should determine that the patient is not pregnant.** The possibility of insertion of MIRENA® in the presence of an existing undetermined pregnancy is reduced if insertion is performed within 7 days of the onset of a menstrual period. MIRENA® can be replaced by a new system at any time in the cycle. MIRENA® can be inserted immediately after first trimester abortion. c) MIRENA® should not be inserted until 6 weeks postpartum or until involution of the uterus is complete in order to reduce the incidence of perforation and expulsion. d) Patients with certain types of valvular or congenital heart disease and surgically constructed systemic-pulmonary shunts are at increased risk of infective endocarditis. Use of MIRENA® in these patients may represent a potential source of septic emboli. Patients with known congenital heart disease who may be at increased risk should be treated with appropriate antibiotics at the time of insertion and removal. Patients requiring chronic corticosteroid therapy or insulin for diabetes should be monitored with special care for infection. e) MIRENA® should be used with caution in patients who have a coagulopathy or are receiving anticoagulants. f.) Use of MIRENA® in patients with vaginitis or cervicitis should be postponed until proper treatment has eradicated the infection and until it has been shown that the cervicitis is not due to gonorrhea or chlamydia (see **CONTRAINDICATIONS**). **2. Insertion Precautions:** Because the presence of organisms capable of establishing infection cannot be determined by appearance, and because IUD insertion may be associated with introduction of vaginal bacteria into the uterus, strict asepsis should be observed at insertion. Administration of antibiotics may be considered, but the utility of such treatment is unknown. The uterus should be carefully sounded prior to MIRENA® insertion to determine the degree of patency of the endocervical canal and the internal os, and the direction and depth of the uterine cavity. In occasional cases, severe cervical stenosis may be encountered. Do not use excessive force to overcome this resistance. Syncope, bradycardia, or other neurovascular episodes may occur during insertion or removal of MIRENA®, especially in patients with a predisposition to these conditions or cervical stenosis. If decreased pulse, perspiration, or pallor are observed, the patient should remain supine until these signs have disappeared. **3. Continuation and Removal:** MIRENA® must be replaced every 5 years because contraceptive effectiveness after 5 years has not been established. a) User complaints of pain, odorous discharge, bleeding, fever, genital lesions or sores should be promptly responded to and prompt examination recommended. (See **WARNINGS** regarding amenorrhea.) Such examination during visits subsequent to insertion reveals that the length of the threads has changed from the length at time of insertion, and the system is verified as displaced, it should be removed. A new system may be inserted at that time or during the next menses if it is certain that conception has not occurred. If the threads are not visible, location of the MIRENA® should be verified, for example with X-ray, ultrasound, or gentle probing of the uterine cavity. If the MIRENA® is in place with no evidence of perforation, no intervention is indicated. If expulsion has occurred, it may be replaced within 7 days of a menstrual period if pregnancy has been ruled out. c) Since MIRENA® may be displaced, patients should be reexamined and evaluated shortly after the first postinsertion menses, but definitely within 3 months after insertion. Symptoms of the partial or complete expulsion of an IUD may include bleeding or pain. However, the system can be expelled from the uterine cavity without the woman noticing it. The expulsion may decrease the effectiveness of MIRENA®. As menstrual flow usually decreases after the first 3 to 6 months of MIRENA® use, increase of menstrual flow may be indicative of an expulsion. d) In the event a pregnancy is confirmed during MIRENA® use, the following steps should be taken: • Determine whether pregnancy is ectopic and take appropriate measures if it is. • Inform patient of the risks of leaving MIRENA® in place or removing it during pregnancy and of the lack of data on long-term effects on the offspring of women who have had MIRENA® in place during conception or gestation (see **WARNINGS**). • If possible, MIRENA® should be removed after the patient has been warned of the risks of removal. If removal is difficult, the patient should be counseled and observed for pregnancy termination. • If MIRENA® is left in place, the patient's course should be followed closely. e) Should the patient's relationship cease to be mutually monogamous, or should her partner become HIV positive, or acquire a sexually transmitted disease, she should be instructed to report this change to her clinician immediately. The use of a barrier method as a protection against acquiring sexually transmitted diseases should be strongly recommended. Removal of MIRENA® should be considered. f) MIRENA® should be removed for the following medical reasons: menorrhagia and/or metrorrhagia producing anemia; acquired immune deficiency syndrome (AIDS); sexually transmitted disease; pelvic infection, endometritis; symptomatic genital actinomycosis; intractable pelvic pain; severe dyspareunia; pregnancy; endometrial or cervical malignancy; uterine or cervical perforation. g) If retrieval threads are not visible, they may have retracted into the uterus or have been broken, or MIRENA® may have been partially perforated the uterus, or have been expelled. Location of MIRENA® may be determined by sonography, X-ray, or by hysteroscopic exploration of the uterine cavity with a probe. h) Removal of the system should also be considered if any of the following conditions arise for the first time: migraine, focal migraine with asymmetrical visual loss or other symptoms indicating transient ischemia; exceptionally severe headache; jaundice; marked increase of blood pressure; severe arterial disease such as stroke or myocardial infarction. **4. Glucose Tolerance:** Levonorgestrel may affect glucose tolerance, and the blood glucose concentration should be monitored in diabetic users of MIRENA®.

DRUG INTERACTIONS: The effect of hormonal contraceptives may be impaired by drugs which induce liver enzymes. The interaction of these drugs on the contraceptive efficacy of MIRENA® has not been studied. **CARCINOGENESIS:** Long-term studies in animals to assess the carcinogenic potential of levonorgestrel releasing intrauterine system have not been performed. See **WARNINGS** section. **PREGNANCY:** Pregnancy Category X. See **WARNINGS** section. **NURSING MOTHERS:** Levonorgestrel has been identified in small quantities in the breast milk of lactating women using MIRENA®. In a study of 14 breastfeeding women using a MIRENA® prototype during lactation, mean infant serum levels of levonorgestrel were approximately 7% of maternal serum values. Hormonal contraceptives are not recommended as the contraceptive method of first choice during lactation. **PEDIATRIC USE:** Safety and efficacy of MIRENA® have been established in women of reproductive age. Use of this product before menarche is not indicated. (See **RECOMMENDED PATIENT PROFILE**.) **GERIATRIC USE:** MIRENA® has not been studied in women over age 65 and is not currently approved for use in this population. **INFORMATION FOR THE PATIENT:** See Patient Package Labeling. **Return to Fertility:** About 80% of women wishing to become pregnant conceived within 12 months after removal of MIRENA®. **ADVERSE REACTIONS:** The most serious adverse reactions associated with the use of MIRENA® are discussed in the **WARNINGS** section. Other adverse reactions presented in the **PRECAUTIONS** section. Other adverse events reported by 5% or more subjects include: abdominal pain/cramps, pain, nausea, decreased libido, leukorrhea, acne, nervousness, abnormal pap smear, headache, depression, dysmenorrhea, sinusitis, vaginitis, hypertension, weight increase, back pain, upper respiratory infection, skin disorder. Other reported adverse reactions occurring in less than 3% of patients include: failed insertion, migraine, vomiting, anemia, cervicitis, dyspareunia, hair loss, eczema. **HOW SUPPLIED:** MIRENA® (levonorgestrel-releasing intrauterine system), containing a total of 52 mg levonorgestrel, is available in a carton of one sterile unit NDC# 50419-421-01. Each MIRENA® is packaged in a thermoformed blister package with a peelable lid, together with an insertion tube which is then heat sealed into a secondary pouch. MIRENA® is supplied sterile. MIRENA® is sterilized with ethylene oxide. Do not resterilize. For single use only. Do not use if the inner package is damaged or open. Insert before the month shown on the label.

STORAGE AND HANDLING: Store at 25°C (77°F), with excursions permitted between 15°-30°C (59-86°F) [See **USP Controlled Room Temperature**]

DIRECTIONS FOR USE: NOTE: Health care providers are advised to become thoroughly familiar with the insertion instructions before attempting insertion of MIRENA®.

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Manufactured for:
Berlex Laboratories, Inc., Montville, NJ 07045
Manufactured in Finland 21-150-1262

BER

buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Peaceful Porches

Pages 23–24: teak table and chairs—Brown Jordan, 8960 Gidley Street, El Monte, CA 91731; 800/743-4252; www.brownjordan.com. **Wicker rockers**—personal belongings. **Swimming pool**—Terry Pool Co., 10350 N. Michigan Rd., Carmel, IN 46032; 317/872-2502.
Page 26: rockers, swing, table, pillows—personal belongings. **Cushions**—Smith Furniture & Gift Shop, 504-A Cornwallis Dr., Greensboro, NC 27405; 336/275-6414.

Embellishing Linens & More

Page 30: duvet cover—Bed Bath and Beyond; 800/462-3966; www.bedbathandbeyond.com.
Page 32: tassels and braid—Hollywood Trims, Prym-Dritz Corp., P.O. Box 5028, Spartanburg, SC 29304; www.dritz.com. **All other fabrics and trims**—available at your local fabric store.
Page 34: light fixture—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Vases**—Room & Board; 800/486-6554; www.roomandboard.com. **Readymade drapes**—Smith + Noble; for a catalog call 800/765-7776. **Fringe**, Ragg Mopp Bullion—Hollywood Trims, Prym-Dritz Corp., P.O. Box 5028, Spartanburg, SC 29304; www.dritz.com. **Tables and chair**—Pier 1 Imports; for a local retail store call 800/447-4371. **Checked taffeta ribbon**, TC167 (Brown/Cream)—Midori Ribbon; for a retailer call 800/659-3049. **Readymade drapes**, Alexander Julian—Lowe's Cos., Inc.; 800/445-6937; Web site: www.lowes.com.

Leafing

Pages 40–46: silver leaf, adhesive, and sealer—Lona Lisa Products by Houston Art, Inc.; for more information call 800/272-3804.

Now You See It...Now You Don't

Page 56: custom cabinetry—Santa Fe Builders; 760/632-7935. **Lighthouses, wooden boats**—Mermaids, 7441 Girard Ave., La Jolla, CA 92037-5143. **Wood sculptures, prints, frames, tray holding lighthouses**—personal belongings.
Pages 58–59: custom cabinets—James F. Lutes, Inc. Construction, 1071 Guizot St., San Diego, CA 92107; 619/225-0822. **Bedding**—Birdcage, 143 S. Cedros Ave., Solana Beach, CA 92075; 858/793-6262. **Mirrors**—MSG, 4360 Morena Blvd., San Diego, CA 92117-4324; 858/274-5277.

Getting Personal: Oh là là

Page 62: all items—antique, discontinued, or a personal belonging.
Page 64: mirror, similar styles available—American Island; 612/925-9006. **Sconces, items on tray, pillows on sofa, sofa**—Belle Epoque; 612/928-9919.
Page 66: Chinese lanterns, juice glasses on table, table runner—Belle Epoque; 612/928-9919.
Pages 68–69: pillows on bed—Belle Epoque; 612/928-9919.
Page 70: chair—Retrospect; 800/301-9720; Web site: www.retrospecthome.com. **Chandelier**—Ballard Designs; 800/367-2810; www.ballarddesigns.com. **Curtain panel and stack of pillows**—MU/H from Worldware; 415/487-9030. **Eiffel Tower Lamp**, merchandise varies by store—Target Stores; for a store listing call 800/800-8800; www.target.com.

Decorating Shop™

Page 72: Floral Garland Stencil Package—Designer Stencils, 2503 Silverside Rd., Wilmington, DE 19810. **Silver Leafing Kit**—Houston Art, Inc., 10770 Moss Ridge Rd., Houston, TX 77043-1175.

Decorating Looks Up

Page 74: Ralph Lauren ceiling paint, Duchesse Satin, "Evening Slipper," D501D—Home Depot; for a store location: www.homedepot.com. **Paint on walls**, "Flag Blue," 1B426—Behr Paint through Home Depot; for a store location: www.homedepot.com. **Mirror**, Madison Collection—Ethan Allen, Inc.; for a store near you call 800/228-9229; Web site: www.ethanallen.com. **Ceiling molding**—Home Depot; for a store location: www.homedepot.com.
Page 76: crown molding, medallion, and chandelier—Lowe's Cos., Inc.; 800/445-6937; Web site: www.lowes.com. **Ceiling paint**, "Wedgewinkle," 1A364; **wall paint**, "Winter Solstice," 1B361—Behr Paint through Home Depot; for a store location: www.homedepot.com.
Page 78: ceiling molding; paint, "Bridal White," BHG-26—Home Depot; for a store location: www.homedepot.com. **Ceiling paint**, "Snowday," BHG-27; **wall paint**, "Hepplewhite Blue," TH-57—Behr Paint through Home Depot; for a store location; www.homedepot.com.
Page 80: crown molding; wallpaper border, Graham & Brown Wallcovering—Home Depot; for a store location: www.homedepot.com. **Ceiling paint**, "Star Sapphire," SW1810; **wall paint**, "Blue Sage," SW1806—Sherwin-Williams; for a store near you call 800/474-3794; www.sherwin-williams.com.

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ward et al. v. Ford Motor Company

Action # 763785-2

SUMMARY NOTICE OF PENDENCY OF CLASS ACTION, PROPOSED SETTLEMENT, AND HEARING

To: Persons who have purchased or leased a 1983–1995 Model Year Ford, Lincoln, or Mercury vehicle with a DISTRIBUTOR-MOUNTED THICK FILM IGNITION MODULE

ited desea obtener una copia de este documento legal en Espanol, favor de actuar ediamente y escribir a: Settlement Administrator, P.O. Box 6175, Novato, CA 8-6175.

u may be in the class of persons covered by a proposed settlement of class action tion (the "Settlement Class"), and you may be entitled to receive benefits under roposed settlement, which include reimbursement for replacing an ignition com- nt called a thick film ignition ("TFI") module and an extended warranty for this ponent in your vehicle. The Settlement Class INCLUDES all persons residing in United States who (1) currently own or lease a 1983 through 1995 model-year Ford, oln, or Mercury vehicle with a distributor-mounted thick film ignition ("TFI") ule ("class vehicles"); (2) have owned or leased a 1983 through 1995 model-year . Lincoln, or Mercury vehicle with a distributor-mounted TFI module and paid or charged for the cost of replacing a TFI module in such vehicle; or (3) purchased a through 1995 model-year Ford, Lincoln, or Mercury vehicle with a distributor- nted TFI module when that vehicle was new. The Settlement Class EXCLUDES ollowing entities and persons: (a) Ford Motor Company, its subsidiaries and ates, officers, directors, and employees; (b) persons who have suffered physical y as a result of a malfunctioning distributor-mounted TFI module installed in a vehicle, as well as the legal representatives, heirs, successors or assigns of any ded class member; (c) persons who have filed separate non-class legal actions st Ford asserting claims substantially similar to those alleged in the class action lit- n; (d) persons who have settled with and validly released Ford from individual s substantially similar to those alleged in the class action litigation; and (e) per- who have previously timely and validly requested exclusion from the class certi- n *Howard v. Ford Motor Company*.

schedule below is a list of those Ford, Lincoln, or Mercury vehicles in the model- in question that were equipped with DISTRIBUTOR-MOUNTED TFI ULES.

TFI-IV CLASS LIST: 1983–1995 Model Years

those model-years designated with an asterisk, some vehicles were equipped I distributor-mounted TFI-IV modules and some vehicles were NOT equipped distributor-mounted TFI-IV modules. Only those vehicles that were equipped a distributor-mounted TFI-IV module are part of the class. If you have any on whether a particular Ford, Lincoln, or Mercury vehicle is a class vehicle, you eceive a complete list of class vehicles by visiting www.TFISettlement.com or by ng a self-addressed stamped envelope to: Settlement Administrator, P.O. Box Novato, CA 94948-6175.

Models

*Capri, *Escort, *EXP, *Lynx/LN7, *Mustang, *Ranger, *Thunderbird
*Bronco, Bronco II, *Capri, *Continental, *Cougar, *Crown Victoria, *E-Series, *Escort, *EXP, *F-Series, Grand Marquis, *LTD, *Lynx, *Mark, *Marquis, *Mustang, *Ranger, Tempo, *Thunderbird, Topaz, Town Car
*Bronco, Bronco II, Capri, Continental, Cougar, *Crown Victoria, *E-Series, *Escort, *EXP, *F-Series, Grand Marquis, LTD, Mark, Marquis, Mustang, *Ranger, Tempo, Thunderbird, Topaz, Town Car, XR4Ti
Aerostar, *Bronco, Bronco II, Capri, Continental, Cougar, *Crown Victoria, *E-Series, *Escort, *EXP, *F-Series, Grand Marquis, LTD, *Lynx/XR3, Mark, Marquis, Mustang, *Ranger, Sable, Taurus, Tempo, Thunderbird, Topaz, Town Car, XR4Ti

1987: Aerostar, *Bronco, Bronco II, Continental, Cougar, *Crown Victoria, *E-Series, Escort, EXP, *F-Series, Grand Marquis, Lynx, Mark, Mustang, *Ranger, Sable, Taurus, Tempo, Thunderbird, Topaz, Town Car, XR4Ti

1988: Aerostar, Bronco, Bronco II, *Cougar, *Crown Victoria, E-Series, Escort, EXP, F-Series, Grand Marquis, Mark, Mustang, *Ranger, *Sable, Scorpio, *Taurus, Tempo, *Thunderbird, Topaz, Town Car, XR4Ti

1989: Aerostar, Bronco, Bronco II, *Crown Victoria, E-Series, Escort, F-Series, Grand Marquis, Mark, Mustang, *Ranger, *Sable, Scorpio, *Taurus, Tempo, Topaz, Town Car, XR4Ti

1990: *Aerostar, Bronco, Bronco II, *Crown Victoria, *E-Series, Escort, *F-Series, Grand Marquis, Mark, Mustang, *Probe, *Ranger, *Sable, *Taurus, Tempo, Topaz, Town Car

1991: Bronco, *Crown Victoria, *E-Series, *F-Series, Grand Marquis, Mark, *Mustang, *Probe, *Ranger, *Sable, *Taurus, Tempo, Topaz

1992: Mark, *Mustang, *Probe, *Ranger, *Sable, *Taurus, Tempo, Topaz

1993: *Mustang, *Sable, *Taurus, Tempo, Topaz

1994: *Sable, *Taurus, Tempo, Topaz

1995: *Sable, *Taurus

THIS NOTICE IS ONLY A SUMMARY. A detailed Notice that describes the settlement terms, conditions and benefits, and includes a Reimbursement Claim Form has been mailed to persons who are current owners of class vehicles according to the registration records maintained by R.L. Polk & Co. If you are a Settlement Class Member and you did not receive a mailed Notice, you may obtain one by visiting www.TFISettlement.com, by writing to Settlement Administrator, P.O. Box 6175, Novato, CA 94948-6175, or by phoning this toll-free number: 1-866-461-1837. Settlement Class Members who wish to claim reimbursement must send in a timely Reimbursement Claim Form.

On June 21, 2002, Superior Court Judge Michael E. Ballachey will hold a hearing in Berkeley, California, to decide whether to approve the proposed settlement and dismiss the class action litigation. The mailed Notice includes details about the hearing and the rights of persons who are included in the class definition, including the right to request to be excluded from the Settlement Class and the right to object to the proposed settlement. If the settlement is approved, all members of the Settlement Class will be bound by the resulting Judgment and court orders, and eligible class members will be entitled to claim benefits under the settlement.

IF YOU WANT TO REQUEST A COPY OF THE MAILED NOTICE YOU SHOULD DO SO IMMEDIATELY. The last day on which you may exclude yourself from the Settlement Class or object to the proposed settlement is May 23, 2002. The last day on which you can submit a Reimbursement Claim Form is October 18, 2002.

Additional information about the proposed settlement is available at www.TFISettlement.com, by calling 1-866-461-1837, or by writing to the Settlement Administrator at P.O. Box 6175, Novato, CA 94948-6175. Do not contact Ford Motor Company or its counsel regarding this settlement. The Court cannot answer questions about the settlement. DO NOT CALL OR WRITE THE COURT FOR INFORMATION.

By order of October 25, 2001, Judge Michael E. Ballachey, Judge of the Alameda County Superior Court, assigned.



We were there when you loved your freedom

You once lived life on your own terms.

Then the terms changed. You became a parent,

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family's needs and budget. Just call the

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IMSA

State Farm Life Insurance Company (Not licensed in NY or WI) • State Farm Life and Accident Assurance Company (Licensed in NY and WI) • Home Offices: Bloomington

BH&G kids®

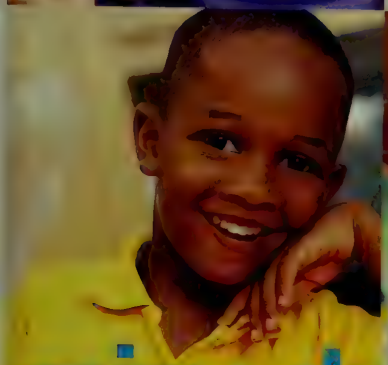
















rainy-day picnic

April showers can wash away your picnic plans. On dreary days, why not bring the outside in? Our rainy-day recipes and crafts will make your living room feel like a park!

continued on page 254

Rainy-Day Picnic

continued from page 253

Fried "Chicken" Legs

What you need: Four hot dogs ▪ Four pretzel rods ▪ One 11.5-oz. package of refrigerated corn bread twists ▪ Two tablespoons of milk ▪ One cup crushed cornflakes

1. Cut hot dogs in half crosswise. Carefully break pretzel rods in half crosswise. 2. Push broken end of pretzel half about one inch into cut side of hot dog. 3. Separate the corn bread strips at perforations, making 16 strips. Using two strips for each hot dog, wrap strips around each to completely cover hot dogs. 4. Brush corn bread with milk. Roll in crushed cornflakes to coat. Place "chicken" legs on a cookie sheet. 5. Bake at 375° F for 13-15 minutes, or until corn bread is golden brown. Makes eight legs.





Deviled Egg Bugs

What you need: Six hard-cooked eggs ▪ ⅓ cup mayonnaise ▪ One teaspoon mustard ▪ One teaspoon vinegar ▪ Salt and pepper ▪ 8 drops red food coloring ▪ Raisins ▪ Thin carrot sticks ▪ Pitted black olives ▪ Celery ▪ Potato chips

1. Place six eggs in a single layer in a large saucepan. Add enough cold water to just cover eggs. Bring to a rapid boil over high heat. Remove from heat; cover and let stand for 15 minutes. Drain. 2. Halve hard-cooked eggs lengthwise. Remove yolks. Place yolks in a small bowl; mash with a fork. Add mayonnaise, mustard, and vinegar; mix well. Add salt and pepper to taste. Add food coloring to half the mixture. Stuff egg-white halves with the yolk mixture. 3. For ladybug, decorate the red-filled eggs. Cut raisins in half and push into filling. Use carrot sticks for legs. Cut olive in half for head; push into filling. 4. For bee, cut a celery slice for smile. Cut a celery sliver for a stinger. Slice olive, and halve slices for stripes. Cut raisins in half for eyes. Push raisin eyes, olive stripes, smile, and stinger into filling. Add potato chip wings. Makes 12 servings.

continued on page 256

PAAS

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continued from page 254



Lemonade Shake

What you need: One pint vanilla ice cream, softened ■ One 12-oz. can lemon-lime carbonated beverage ■ ¼ cup frozen lemonade concentrate, thawed ■ 2 drops yellow food coloring

1. Combine ice cream, lemon-lime drink, and concentrate in a 1-quart container with lid. Cover and shake until smooth. 2. Add food coloring; cover and shake again until combined. Makes two cups.



Walking Stick

What you need: 8-inch trimmed celery stalk ■ Two tablespoons peanut butter ■ 13 mini marshmallows ■ Two 4-inch pieces of red shoestring licorice ■ 12 thin pretzel sticks

1. Fill celery stalk with peanut butter. 2. Cut a marshmallow in half for eyes. Set eyes and licorice antennae into peanut butter at wide end of celery. 3. Push two pretzel sticks into a mini-marshmallow knee. Push one end of the leg into the peanut butter and the other end into a mini marshmallow on the plate. Create a total of six legs. Makes one stick.



continued on page 258

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Rainy-Day Picnic

continued from page 256

Daisy Chain

What you need: Colored construction paper ▪ Hole punch ▪ Green chenille stems ▪ 1-inch diameter yellow beads

1. Draw a 5-inch-wide daisy on construction paper and cut it out. Punch two holes, one inch apart, in the daisy's center. 2. Thread the end of a green chenille stem from the back of the daisy through one hole, through the bead, and then through the other hole. Twist the chenille stem around itself at the back of the flower to secure the bead in place. 3. To make a chain, attach as many daisies as you like by twisting the stem ends together, just behind the blossoms. 4. For added fun, write your name on the daisies with colorful crayons.



Buggy Baseball Cap

What you need: Baseball cap with mesh sides ▪ Two 3-inch-diameter plastic foam balls ▪ White chenille stems ▪ Two small pom-poms ▪ Assorted pony beads

1. Join foam balls by poking one end of a 4-inch piece of chenille stem into each ball. Set ball eyes on the cap's brim and mark where they touch the cap front. 2. Poke a hole through the front of the cap with a dry ball-point pen. Push a chenille stem through each hole and into each eye. Wrap chenille stem into a tight bundle inside the cap to hold the eyes in place. 3. For legs, push the end of a chenille stem through the cap's mesh sides and bend to hold in place. Repeat. Add pony beads to the stems. 4. Glue a pom-pom to each eye. 5. Shape chenille stems into antennae and a mouth, and push into foam balls.





Buying Guide

continued from page 251

Breakfast Rooms

Pages 88–90: windows—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; www.pella.com. **Ceramic tile**—TileWorks, 8481 Bash St., Ste. 1100, Indianapolis, IN 46250; 317/842-6641; www.indytileworks.com. **Paint** (custom color mix)—Porter Paints, P.O. Box 1439, Louisville, KY 40201-1439; 800/332-6270; www.porterpaints.com. **Ceiling fan**—Hunter Fan Co., 2500 Frisco Ave., Memphis, TN 38114; 800/448-6837; www.hunterfan.com. **Dining table and chairs**—Lloyd/Flanders Ind., Inc., P.O. Box 550, Menominee, MI 49858; 800/526-9894; www.lloydflanders.com. **Furniture on patio**—Watson's, 11801 Pendleton Pike, Indianapolis, IN 46236; 317/823-4448.

Page 92: interior paint (Volcano); **exterior paint** (no color source)—The Sherwin-Williams Co.; 800/474-3794; www.sherwin-williams.com. **Chairs and stools**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Blue ceiling lights,** "Flex"—Globe Lighting Supply, 1919 NW. 19th Ave., Portland, OR 97209; 503/221-1919.

Page 94: custom, counter-height table—T. Michaels Contracting, Inc., 25 Keats Ct., Bethpage, NY 11714; 516/520-0818. **Marble for tabletop,** "Carrerra"—European Marble and Stone, 707 Rte. 110, Farmingdale, NY 11735; 516/777-2700. **French doors**—Simpson Door Co., 400 Simpson Ave., McCleary, WA 98557; 800/952-4057; www.simpsondoor.com. **Floor finish** (Walnut Stain)—Minwax, a subsidiary of The Sherwin-Williams Co.; 800/523-9299; www.minwax.com. **Stools**—Williams-Sonoma; 800/541-2233; Web site: www.williams-sonoma.com. **Plates and bowls in blue and white crockery**—Christmas Tree Shop, Main St. 6-A, Orleans, MA 02633; 508/255-8494.

Kitchens on the Side

Page 102: upholstered chairs—Meier & Frank, 621 SW. Fifth Ave., Portland, OR 97204; 800/452-6323. **Stools**—Spiegel Catalog; 800/774-3435. **Tray**—Tuesday Morning, Inc., 14621 Inwood Rd., Addison, TX 75001; 800/457-0099; www.tuesdaymorning.com. **Glasses**—Target Stores; 800/800-8800. **Refrigerator**—GE Appliances, GE Answer Center; 800/626-2000; www.geappliances.com. **Basket**—T.J. Maxx; 800/285-6299; www.tjmaxx.com.

Page 104: faucet—Familian Northwest, Inc., 2121 N. Columbia Blvd., Portland, OR 97217; 503/283-3333.

Page 106: custom cabinets, desk counter, floor—no sources. **Cabinet hardware**—National Builder's Hardware, Inc., 1019 SE. 10th Ave., Portland, OR 97214; 800/547-5574. **Stool**—Dania Home and Office Interiors; for store locations call 888/333-2642. **Recessed lights, lights under the upper cabinets**—Globe Lighting Supply, 1919 NW. 19th Ave., Portland, OR 97209; 503/221-1919. **Countertop by sink**—Cliff's Interiors, P.O. Box 7058, Aloha, OR 97007; 503/649-7428. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484; www.elkay.com. **Faucet**—Delta Faucet Co., 55 E. 11th St., P.O. Box 40980, Indianapolis, IN 46280; 800/345-3358; www.deltafaucet.com. **Undercounter refrigerator**—Frigidaire Home Products, 250 Bobby Jones Expwy., Augusta, GA 30907; 800/444-4944; www.frigidaire.com. **Phone**—Panasonic Co.; 800/211-7262; www.panasonic.com. **Pencil cup, letter holder**—Hold Everything, P.O. Box 7807, San Francisco, CA 94120-7807; 800/421-2264. **Plant basket**—Tuesday Morning, Inc. (address above). **Albums, books, artwork, pottery, pillows, shawl, chair**—personal belongings.

Page 108: cabinets (Cherry)—Bertch Cabinet Mfg., Inc., P.O. Box 2280, Waterloo, IA 50704; 319/296-2987; www.bertch.com. **Refrigerator**—U-Line Corp., 8900 N. 55th St., Milwaukee, WI 53223; 414/354-0300. www.u-line.com. **Sink,** "Signature"—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484; www.elkay.com. **Faucet**—Price Pfister, 19701 Da Vinci, Lake Forest, CA 92610; 800/732-8238; www.pricepfister.com. **Area rug, granite countertop** (Labrador Gold)—no sources.

Living Wreaths

Pages 134–140: wire wreath forms and sphagnum moss—Kinsman Co., P.O. Box 428, Pipersville, PA 18947; 800/733-4146; www.kinsmangarden.com; free catalog; also lists preformed sphagnum wreath-liners. **Succulent plants**—Abbey Garden Cactus, P.O. Box 2249, La Habra, CA 90632; 562/905-3520; catalog $2. Black Cat Nursery, 3162 Highway 6, Chehalis, WA 98532; www.localaccess.com/blackcatnursery; price list $1. Squaw Mountain Gardens, P.O. Box 946, Estacada, OR 97023; 503/630-5458; Web site: www.squawmountaingardens.com; catalog $3; also lists assortment of unrooted Sempervivum cuttings.

Carefree Crab Apples

Pages 151–158: crab trees—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. Girard Nurseries, P.O. Box 428, Geneva, OH 44041; 440/466-2881; free catalog. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401.

Beds and Borders

Pages 161-171: Baggessen's Gold honeysuckle—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Crimson Pygmy barberry**—Louisiana Nursery, 5853 Highway 182, Opelousas, LA 70570; 337/948-3696; catalog $4. **Johnson's Blue geranium**—Busse Gardens, 17160-245th Ave., Big Lake, MN 55309; 800/544-3192; catalog $3. **Yellow sedge**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. **Yellow waxbells**—Ambergate Gardens, 8730 Country Rd. 43, Chaska, MN 55318; catalog $2. **Royal Purple smokebush**—Arborvillage Nursery, P.O. Box 227, Holt, MO 64048; 816/264-3911; catalog $1. **Gold hakone grass**—Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093; 800/504-8006; free catalog. **Palace Purple heuchera**—Primrose Path, 921 Scottdale-Dawson Rd., Scottdale, PA 15683; 724/887-6756; catalog $2. **Nandina**—Louisiana Nursery, 5853 Highway 182, Opelousas, LA 70570; 337/948-3696; catalog $4. **Coral Charm peony**—Klehm Nursery, 4210 N. Duncan Rd., Champaign, IL 61820-9559; 800/553-3715; catalog $4. **Aurea aralia**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5.

Rooms That Soothe

Pages 173–182: all items—antique, discontinued or personal belongings.

Sunny Surprises

Page 185 (*top right*): white side table with scalloped edge, "#45-8002B"; **throw; green pottery piece,** "#43-2227"—Ethan Allen, Inc., P.O. Box 1966, Danbury, CT 06813-1966; 800/228-9229; www.ethanallen.com. **(*Center right*): candles and framed print**—Ethan Allen, Inc. (address above). **(*Bottom right*): wicker furniture**—antique. **Pillows**—T.J. Maxx; 800/285-6299; www.tjmaxx.com. **Blue bowl**—Marshalls; 800/627-7425; www.marshallsonline.com.

Pages 186–187: exterior siding—no source. **Exterior wood stain** (Sandstone)—The Sherwin-Williams Co.; 800/474-3794; www.sherwin-williams.com. **1x6-inch birch tongue-and-groove ceiling boards**—custom. **Wood stain** (Golden Oak)—The Sherwin-Williams Co.; 800/474-3794; www.sherwin-williams.com. **Interior wall paint,** "Martha Stewart Everyday" (Dogwood Blossom); **trim paint,** "Martha Stewart Everyday" (White); **Roman shades,** "Martha Stewart Everyday"—Kmart; 800/635-6278; www.bluelight.com. **Windows,** "Fine Light" casements—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Ceramic pieces on shelf**—antique. **Tile,** "Pompeii 12x12" (Honey PM02)—Daltile, 7834 C.F. Hawn Frwy., Dallas, TX 75217; 800/933-8453; www.dtile.com. **Wicker chair and settee, cushions**—Huck Finns, 25 Eire Blvd., Albany, NY 12204; 918/465-3373. **White canvas footstool**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Chairs and glass table**—Pier 1 Imports; 800/245-4595; www.pier1.com. **White bench coffee table,** "#45-2515C"; **white side table with scalloped edge,** "#45-8002B"; **small white armchair,** "#20-7528" (FAB68939); **brown chair,** "#20-7550" (FABE4047); **throw; green jug on side table,** "#43-2227"; **green bowl with lemons,** "#43-2547"; **white basket with peaches,** "#43-7549"; **white wood plant stand,** "#45-6506B"—Ethan Allen, Inc., P.O. Box 1966, Danbury, CT 06813-1966; 800/228-9229; www.ethanallen.com.

Pages 188–189: windows—Marvin Windows & Doors, P.O. Box 100, Warroad, MN 56763; 888/537-8268; Web site: www.marvin.com. **Wall paint** (Navajo); **trim paint** (Seed Pearl)—Pratt & Lambert Paints; 800/289-7728; Internet site: www.prattandlambert.com. **Fireplace**—Heat-N-Glo, 20802 Kensington Blvd., Lakeville, MN 55044; 800/669-4328; www.heatnglo.com. **Sofa and rug**—Expressions Custom Furniture; 800/544-4519. **Wicker chairs, coffee table, side tables, lamps, armoire, and accessories**—Ethan Allen, Inc. (address above).

Pages 190–192: pine beadboard (Whisper White)—Hirshfield's Decorating Centers; 612/377-3910. **Windows,** "Fine Light" tilt-wash—Andersen Windows, Inc.; 800/426-4261; www.andersenwindows.com. **Wicker furniture**—antique. **Cushions and jute rug**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Pillows**—T.J. Maxx; 800/285-6299; www.tjmaxx.com. **Blue bowl**—Marshalls; 800/627-7425; Web site: www.marshallsonline.com. **Teacup and saucer**—no source. **Sidewalk pavers**—Blackstone; 612/386-3588; www.blackstone.com.

Reader Shopping

Page 158: Crab Apple Trees—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.

Page 204: Cobbler Mates—Over and Back, 200-13th Ave., Ronkonkoma, NY 11779.

Page 206: Instant-Read Thermometer—Robinson Knife Co., 2615 Walden Ave., Buffalo, NY 14225-4735.

Page 208: Soup Spoons—RSVP International, Inc., 4021-13th Ave. West, Seattle, WA 98119.

architects & designers

Peaceful Porches

Pages 23–24: architectural designer—Gary Nance, Nance Design, 10500 Crosspoint Blvd., Indianapolis, IN 46256; 317/577-3502; www.nancedesign.com. **Builder**—George Sweet & Co., Brenwick Development Co. Inc., 12821 E. New Market St., Carmel, IN 46032; 317/574-3400. **Landscape designer**—Becker Landscape Contractors Inc., 3749 N. Kitley Ave., Indianapolis, IN 46226; 317/542-5200.

Page 26: architect—John Linn, AIA, 301 S. Elm St., Ste. 416, Greensboro, NC 27401; 336/272-7474. **Builder**—David Millsaps, DLM Builders, 432 Prescott St., Greensboro, NC 27401; 336/275-9457.

Now You See It...Now You Don't

Pages 56–59: interior designer/architect—Holly Lorah, 6106 Vista de la Mesa, La Jolla, CA 92037; 619/454-1093. **Contractors**—Santa Fe Builders; 760/632-7935. James F. Lutes, Inc. Construction, 1071 Guizot St., San Diego, CA 92107; 619/225-0822.

Breakfast Rooms

Pages 88–90: builder/designer—John Pataky Construction, 1635 Graystone Lane, Zionsville, IN 46077-1819; 317/873-2476.

Page 92: architectural designer/builder—Troy Farnsworth, Troy Farnsworth Exclusive Designs, P.O. Box 710, Clackamas, OR 97015; 503/558-1500; e-mail: troyfarn@europa.com.

Page 94: architect—Patricia O'Neill, AIA, 257 Circle Dr., Manhasset, NY 11030; 516/365-1799. **Kitchen designer**—John Stark, Showcase Kitchens, 1200 Northern Blvd., Manhasset, NY 11030-3018; 516/869-8585. **Contractor**—Tim Prisco, T. Michaels Contracting, Inc., 25 Keats Ct., Bethpage, NY 11714; 516/520-0818.

Kitchens on the Side

Pages 102–104: architect—Mike Barclay, Barclay Home Design, 23535 NE. Glisan, Troutdale, OR 97060; 503/492-3440.

Page 106: designer—Tracy Hankins, Hankins Construction Inc., 826 SE. 63rd Dr., Hillsboro, OR 97123; 503/642-3780.

Sunny Surprises

Pages 185–187: project manager—Brian Taber, Schrader and Company Inc., 850 Saratoga Rd., P.O. Box 70, Burnt Hills, NY 12027; 518/399-1881. **Architect**—David Mansfield, D.R. Mansfield Design, 4093 Jockey St., Charlton, NY 12019.

Pages 185, 188–189: contractor—Chuck Simmons, Ahrens Concrete Finishers Inc., 26 Commercial Dr., Iowa City, IA 52246; 319/354-3170.

Pages 185, 190–192: Bavarian folk art painter—Pieper Bloomquist; 701/787-0164.



Have Fun With Food

Anyone in love with kitchens, picnics, and vineyards will enjoy the playful experience of Copia: The American Center for Wine, Food and the Arts in Napa, California.

Taking its name from the Roman goddess of abundance, Copia includes a state-of-the-art theater, edible gardens, interactive games, art exhibits, teaching kitchens, wine tastings, and demonstration vineyards. Everything is designed to celebrate America's love affair with the dinner table.

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Dine on-site at Julia's Kitchen, a restaurant honoring the legendary Julia Child, or at the less-expensive American Market Café, featuring seasonal sandwiches, salads, and gourmet cheeses.

The permanent art and media exhibition titled "Forks in the Road" will delight everyone. Movie clips are shown all day and include such

continued



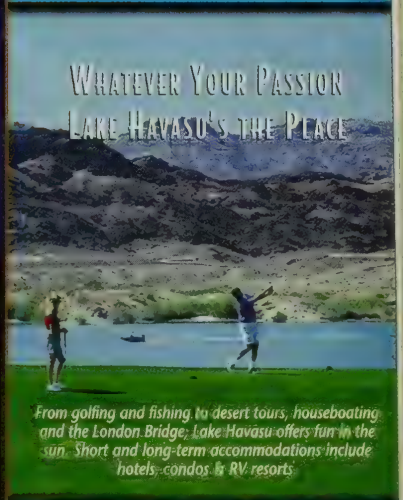
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Better Than Our Dreams

Often I have camped here, it has made me want to become the ground, become the water, become the trees, mix with the whole thing. I wonder would everybody feel that way?

The setting was a rugged Wyoming mountain lake area in the late 1800s and the question posed by Owen Wister's character, the Virginian, couldn't be confined to an answer of yes or no. As the Virginian pondered a resolve he said: "No; none but the one who understands things they can't put words to."

If you've felt it, you know what he meant. If you have not, maybe the time has come to give yourself the chance to be taken to a place beyond words. We call it Wyoming.

Wister knew of what he wrote. The eastern gentleman spent many summers in the "Cowboy State" and later created America's first modern western, *The Virginian*, a novel published a century ago. The 1902 Wyoming Wister presented to the world and the Rocky Mountain haven of 2002 have some striking similarities. Over many square miles, Wyoming is still very much the same as it was when the Virginian and his love Molly rode horseback into the mountains on honeymoon and for the rest of their lives together remembered the trip with a simple sentence spoken softly to one another: "Better than our dreams."

Wister and his close friend Teddy Roosevelt traveled the mountains and high plains of Wyoming often. They shared an appreciation of nature and through numerous writings were responsible in large part for their contemporaries' impressions of the West.

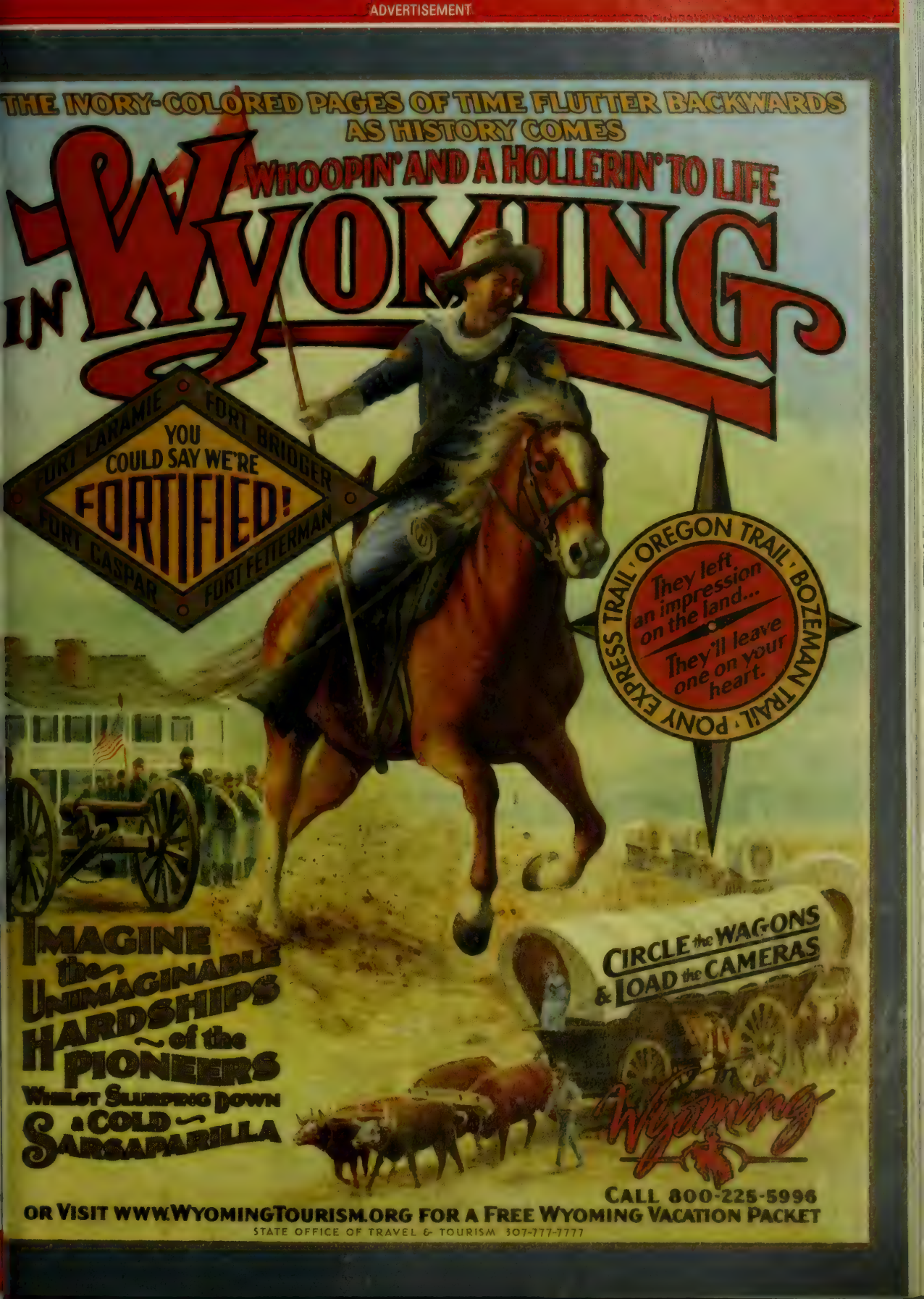
One of the most impressive sites of any era is the Grand Teton Mountain range in western Wyoming. Snow sprinkled peaks tower above a valley floor. Lakes often reflect the beauty above them. The Snake River winds its way along the range harboring moose, bald eagle, elk and deer populations aplenty. Gran Teton National Park is worthy of mor than just a few stops at scenic area turnouts. Take a hike to Hidden Falls. Go for a ride on horseback. Consider boarding a boat to an island breakfast during which your meal companions w very likely include a deer or two. May you'll opt for river rafting for a taste o adventure. The park is a place that always gives you more than expected, especially if you'll just give it time.

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draws us to its perennial spout? Maybe we just need something to rely on, to trust. Each eruption is different like each of us, but it is constant. It is Faithful.

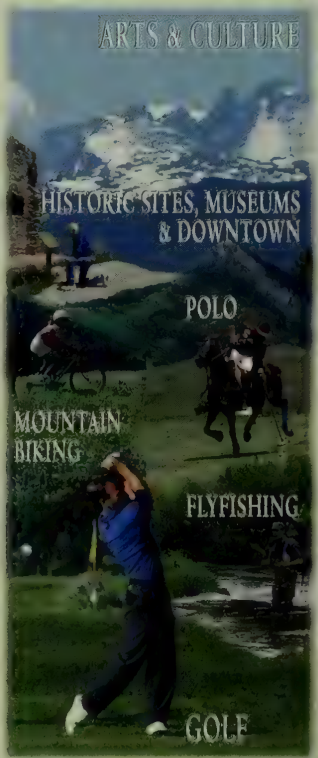
Cowboys, Culture & Coal

For though utterly a man in countenance and in his self-possession and incapacity to be put at a loss, he was still boyishly proud of his wild-calling, and wore his leather chaps and jingled his spurs in obvious pleasure.

Once area cowboys were offered free lots in town, the northern Wyoming community of Sheridan had enough people to incorporate. From those humble beginnings, Sheridan has become one of Wyoming's most bustling and dynamic small cities. If the real West is what you're looking for, you'll find it in Sheridan. There's rope and saddle making on Main Street. The King families' operation also includes King Ropes Museum showcasing, free of charge, one of the country's premier exhibits of saddles—some dating to the turn of the last century. In the late 1800s, Sheridan Inn was considered the finest hotel between Chicago and San Francisco. Early day guests were pleased to find the first running water west of the Mississippi. The inn, dubbed "The House of 69



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ables," once received the likes of residents Theodore Roosevelt, Taft nd Hoover. The fine structure has been novated and now houses a restaurant nong other amenities. Western art vers won't want to miss the Bradford rinton Memorial Museum just a short stance south of Sheridan. A spacious o-story ranch house contains more an 600 works by such masters as ederic Remington, Charles M. Russell nd Will Gollings.

ttle and guest ranches, and sometimes combination of the two, dot the ndscape of Big Horn Mountain ountry and really the entire state.

Ranch owners who offer guest stays provide airport pick-up services from the nearest town that has regular service. Many cater to families with special programs for kids.

To the west and south, a large section of territory known as the Powder River Basin holds the nation's richest coal deposits. Tours of the gargantuan mines are arranged through the individual operations in concert with officials in Gillette. Visitors become dwarfed by the heavy equipment and discover how landscapes once tapped for their abundant coal reserves have been reclaimed and revitalized as wildlife habitat. Wyoming coal is in high demand because of its low sulfur content—thus the moniker: "clean coal."

On the other side of the Big Horns, and within an hour of Yellowstone, western heritage and culture is exhibited on a grand scale at the Buffalo Bill Historical Center in Cody. No institution in America can match its collections of



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firearms, western art, Buffalo Bill memorabilia and Plains Indian displays. The center opens its new, state-of-the-art and hands-on, Draper Museum of Natural History this summer.

Fortitude & Flowers

You ought to see how the birds have streamed across the sky while spring was coming. Here is a flower I have just been out and picked. I have kissed it now. That is the best I can do yet.

Would a real cowboy write something like that to his love? Well, certain ones could but they'd get around to discussing horses eventually. Wild ones still roam Wyoming. You see the very essence of unbridled spirit when you get close enough. And you can do that in many spots. Rock Springs and Bureau of Land Management people are combining efforts to improve a wild horse viewing loop tour. Check with them on the best time to come. If possible, try to go looking



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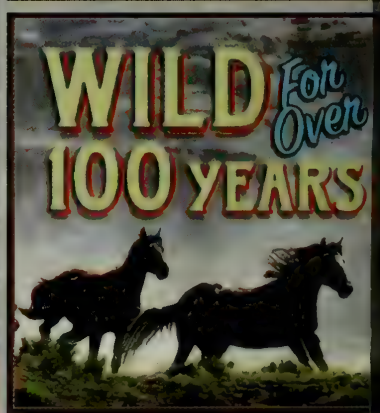


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Frontier Days. Always the tail end of July, Frontier Days is at the head of the class in terms of pro rodeo, western parades and family good times. This summer's night show entertainment is as varied as ever with Pro Bull Riders two evenings, The Doobie Brothers, Huey Lewis & The News, and Travis Tritt among others. How's that for variety?

If you should make Cheyenne, don't forget to allot time for Laramie and the Snowy Range Road—a more beautiful mountain drive would be hard to imagine.

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—by Andy Der

For free vacation information, *see p 261–264.*

Have Fun With Food

classics as the shared-spaghetti moment in *The Lady and the Tramp* and Charlie Chaplin eating a cooked shoe in *The Gold Rush*.

Listening stations play food-inspired songs such as Bruce Springsteen's "Chicken Lips and Lizard Hips." Smell stations invite guests



Copia's gardens are a showplace for a variety of horticultural styles and works of art. Swedish artists Gustav and Ulla Kraitz used large wood- and coal-fired kilns to create the glazed ceramic spheres seen here.

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Permission To Build

So, you've decided to replace that boxy little deck with a big, multilevel beauty. There's no question that you feel it's a backyard change for the better. But what looks good to you may not pass muster with your neighbors—or with your city's building and zoning department.

The fact is that many of us avoid the building-permit process as we make changes to our homes, fearing inspectors who might meddle with our plans and assessors who could raise our property taxes. Even though we like to think of our homes as our castles, it's still wise to apply for a building permit and work with the local building department for legal, safety, and insurance reasons.

PROJECTS THAT MAY REQUIRE PERMITS

- Building an addition
- Constructing a garage
- Converting a garage to livable space
- Building a shed or gazebo
- Adding bay windows or dormers
- Re-roofing or re-siding
- Installing a swimming pool
- Building a deck, patio, or fence
- Tearing down a permanent part of a structure

Ensure quality workmanship. Besides enjoying the peace of mind that comes from knowing your project meets safety and quality standards, you may also gain protection down the road. Without that building permit and adherence to the corresponding inspection process, you may find yourself defending shoddy or unsafe work. For example, if you remodel a wall where there is plumbing, and then pipes break, the insurance company will likely do an inspection before paying for flood damage. If you can't show a permit for the work, you may not be covered. Having worked with a permit also comes in handy when you sell your house, because real estate laws may require you to disclose whether all your remodeling changes met code.

In most communities, building permits are required by law for new homes and for a number of remodeling projects, including those listed in the box (*lower left*).

Work within local codes. A building permit gives you or your contractor formal approval to start a construction project. But before applying for a permit, make sure the changes you'll make to your home are allowed by your community's building and zoning codes. Local building codes are based in part on standards set by regional code organizations, such as the Building Officials & Code Administrators (BOCA) or the Southern Building Code Congress International (SBCCI). These organizations work to ensure that homes are built and remodeled to meet reasonable safety requirements. They protect you and your home.

After your plans are drawn with these safety parameters in mind, you can apply for a building permit. Check with your city's building department regarding application procedures, fees, and timetables. Depending on the project, you may need to line up such documents as plot plans and detailed construction drawings for presentation to an approval board.

Once a permit is issued, make sure it's prominently displayed on the job site. Then, throughout construction, inspectors will see to it that work meets or exceeds code. Once the job is complete, you'll receive a certificate of occupancy (sometimes called a certificate of approval) documenting that your project was inspected and approved—and giving you legal permission to live in your house.

What happens if you avoid using a building permit? Some cities' building and zoning departments may cut you some slack, especially if it's your first violation and if the job is a small one. In other cases, however, you may be fined. Worse yet, you may be forced to tear down work and start from scratch so that inspectors can see that codes are followed using proper materials.

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You talk to your plants, but have you ever stopped to listen to them?

You share more than your home with them. You share little pieces of yourself. Secrets, hopes, dreams. Even your half-baked political opinions. You coo to them like newborn babes. Soothe them with the strains of Albinoni's Adagio in G Minor for Strings and Organ. Perhaps you sit there, stroking their sweet, little spatulate and runcinate leaves all the while. Ya love these guys.

And still, they die. Leaving you with another mocking, empty planter. Your self-doubt. And your guilty, chlorophyl-stained hands.

You tried to do the right thing. Surely, everyone knows that. Nevertheless, the road to the compost pile is paved with good intentions. Keeping your plants alive and thriving requires a lot more than a smile, a quip, and a few choruses of "Kumbaya." It requires knowledge. And a whole lot of it.

That yellowing between the veins on the *Ficus elastica*. Is it manganese deficiency? Or viral disease? Do I give her a dose of iron chelate? Or has the time come for breaking out the shovel and the Book of Common Prayer? Is she going to pull through, doc?

That all depends in large measure on how well you understand what your plants are trying to tell you.

Stay alert and sensitive to their needs. Watch for the early, little signs of danger. And intervene before big trouble starts. It's that knack for (dare we say it?) nipping trouble in the bud that separates a true gardener from one who just dresses up an unhealthy, neglected garden with a menagerie full of silhouette animals and a village full of wee cement gnomes.

If you want to become, or stay, one of the former, you have plenty of work and study cut out for you. Fortunately, there's friendly, professional help available right in your community—at your local Orchard Supply Hardware®. Visit our nurseries and you'll meet men and women who know the topsoil, the climate, heck, the whole agronomy of California. In fact, a great many of them are Certified Nursery Professionals with papers from Sacramento and everything. They're like plant whisperers. They love this stuff. And they love to talk about it, too.

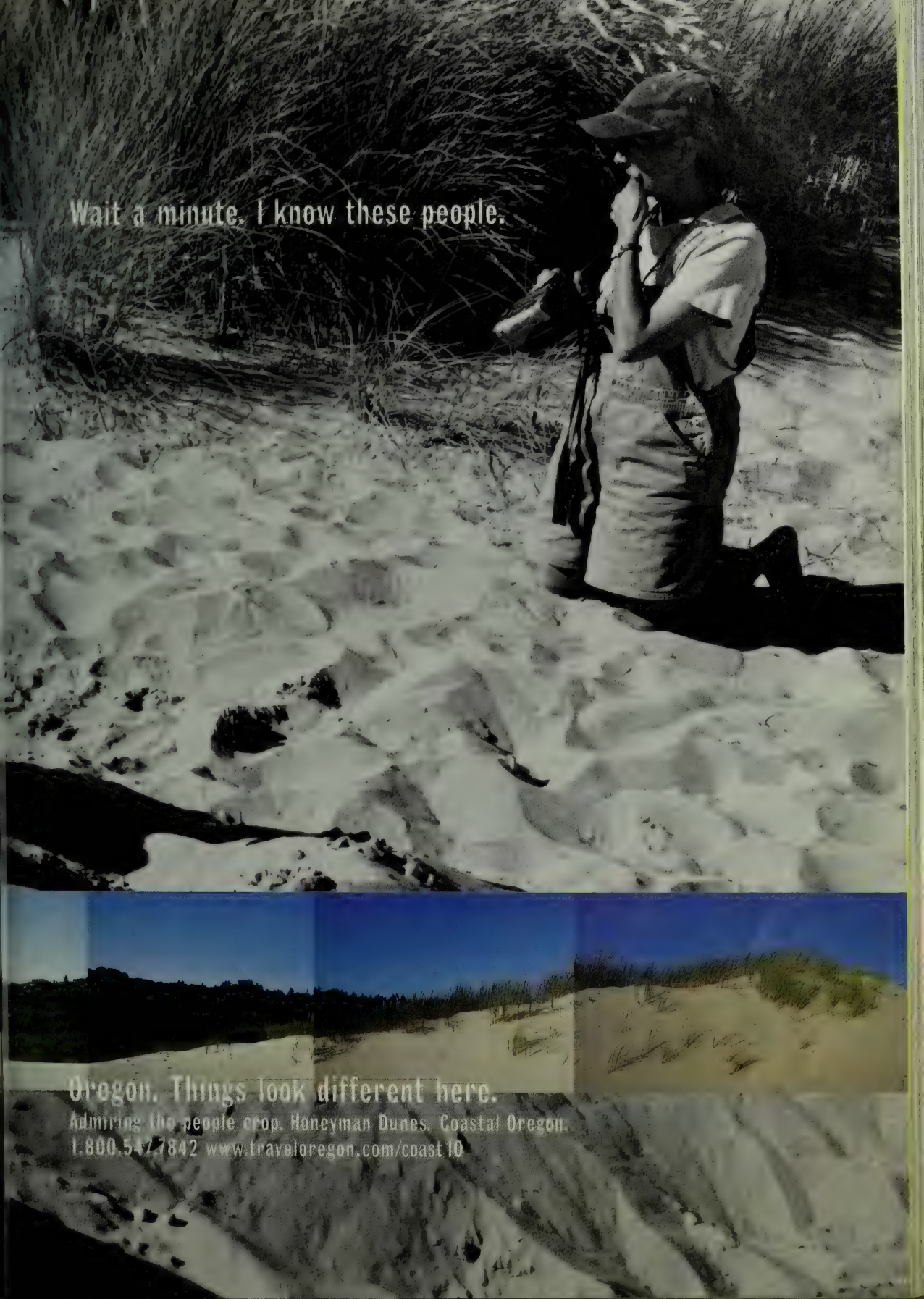
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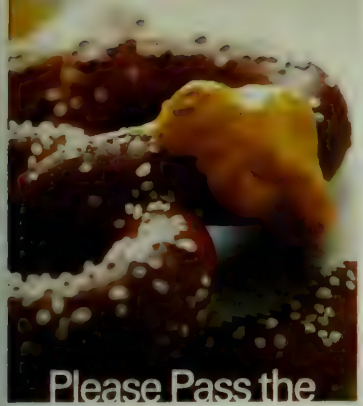
As soon as Colette threw the cup, she realized her mistake. She could live without Jean-Pierre. But that was her last cup of French Vanilla Cafe.



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Please Pass the Mustard

Mustard may be the undisputed darling of the condiment world. Part of the beauty of mustard is that using just a little of it packs a real flavor wallop. The supermarket shelves are full of mustards with sophisticated flavors, but it's easy to create your own. Start with a smooth Dijon-style mustard, and get in the mix:

- **Roasted Garlic and Herb Mustard:** Cut ¼ inch off the small end of a bulb of garlic. Drizzle with olive oil and wrap in foil. Bake in a 350° F oven for 45 minutes; cool. Squeeze cloves into a small bowl. Stir to make a paste. Add ½ cup Dijon-style mustard and 1 to 2 teaspoons finely chopped fresh herbs, such as tarragon, basil, chive, cilantro, or dill. Stir to combine.
- **Smoky-Sweet Mustard:** In a food processor or blender combine ½ cup Dijon-style mustard, 1 chipotle pepper in adobo sauce, 1 teaspoon of the adobo sauce, 1 tablespoon tomato paste, and 2 tablespoons honey.
- **Maple-Bacon Mustard:** Whisk together in a small bowl ½ cup Dijon-style mustard, 2 tablespoons maple syrup, 2 tablespoons crumbled crisp-cooked bacon, 1 tablespoon finely chopped scallions, and 1 teaspoon coarsely ground black pepper.
- **Curried Mango Mustard:** In a small bowl stir ½ cup Dijon-style mustard with 2 tablespoons honey, ½ teaspoon curry powder, and 1 tablespoon finely chopped mango chutney.
- **Mediterranean Mustard:** Toss together in a small bowl ½ cup Dijon-style mustard; 1 tablespoon tomato, olive, or caper paste; and 1 tablespoon chopped fresh basil. ♦

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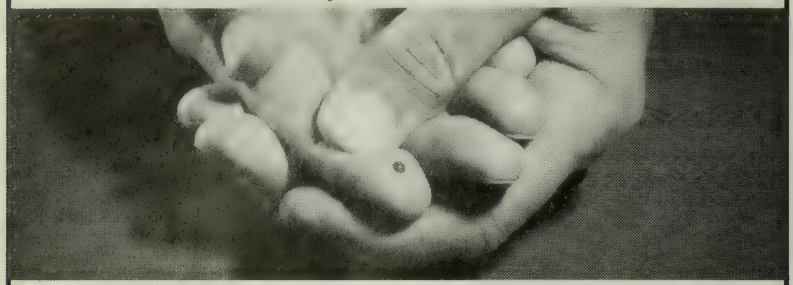
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Do-It-Yourself Drywall

Recent improvements in drywall products make it possible to finish interior walls faster than ever—even for amateurs. Drywall panels (also called wallboard) have been reengineered to speed up installation, and a new finishing product takes the hassle out of finishing corners.

It's a snap

A new type of gypsum panel scores and snaps more crisply and cleanly, leaving sharper edges that butt together snugly. The panels are also more rigid, making them easier to carry and hang. They stay perfectly flat during storage, when other boards sometimes warp. For more information, contact USG Corp. at 800/874-4968 or www.usg.com.

Fast cornering

If you've ever finished 90-degree angles, off-angles, and outside corners, you know how tedious and time-consuming it can be to coat and sculpt them with joint compound, wait for the compound to dry, then repeat the process two more times.

Several new corner products eliminate most of the mess and hassle. They are made of a polymer/paperboard tape that replaces metal or plastic corner beads. You lightly coat the corner with compound, measure the tape from a dispenser, and press it into the corner. You needn't coat the tape with compound, just use a little to feather the edges. Let it dry for a few hours, feather one more time, and paint. A two-day job is now complete in an afternoon.

The products, known as No-Coat Ultraflex, Ultraflex Lite (for inside corners and odd angles), and Ultra Bullnose, are available from Drywall Systems International at 888/662-6281 and www.no-coat.com, and at home centers and hardware stores.

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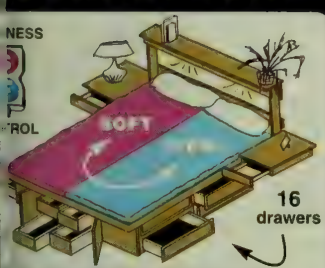
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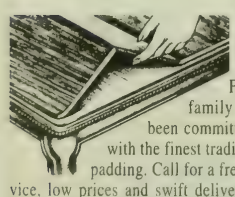
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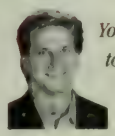
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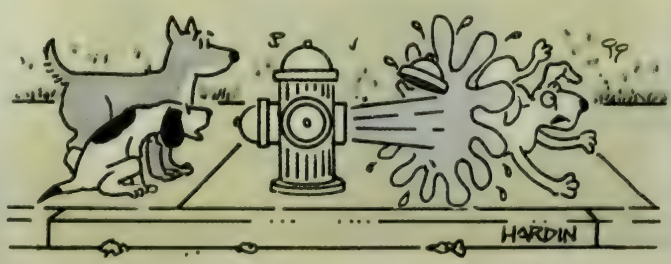




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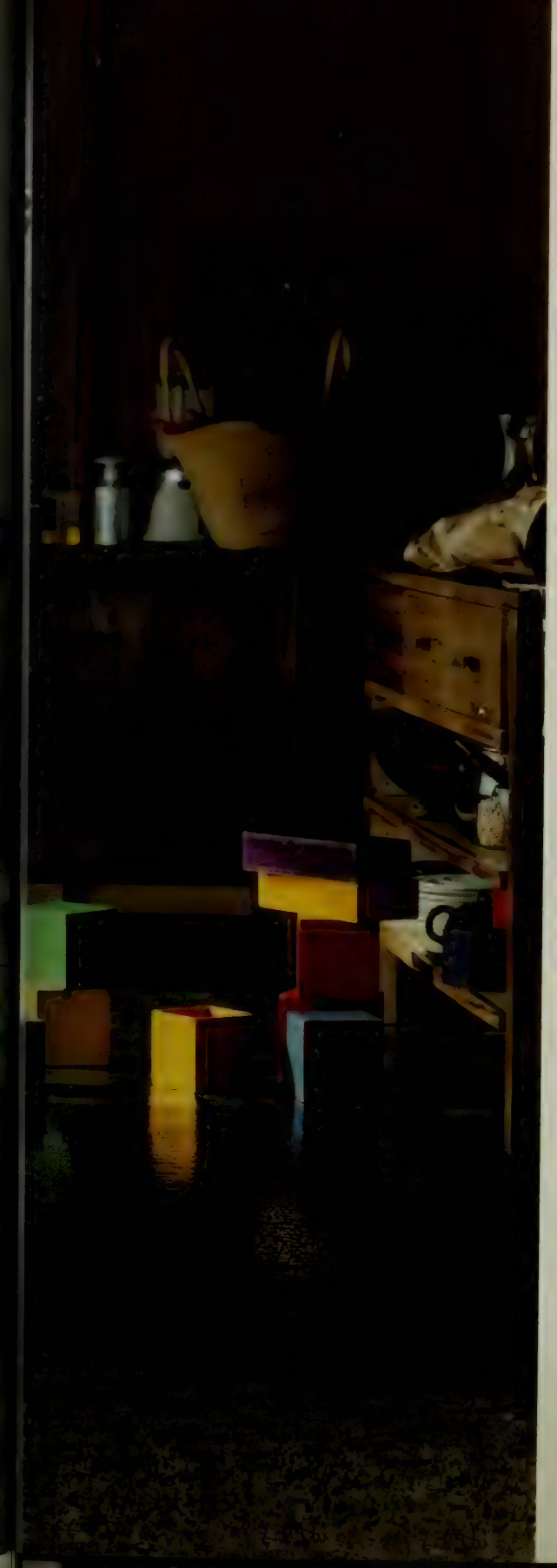
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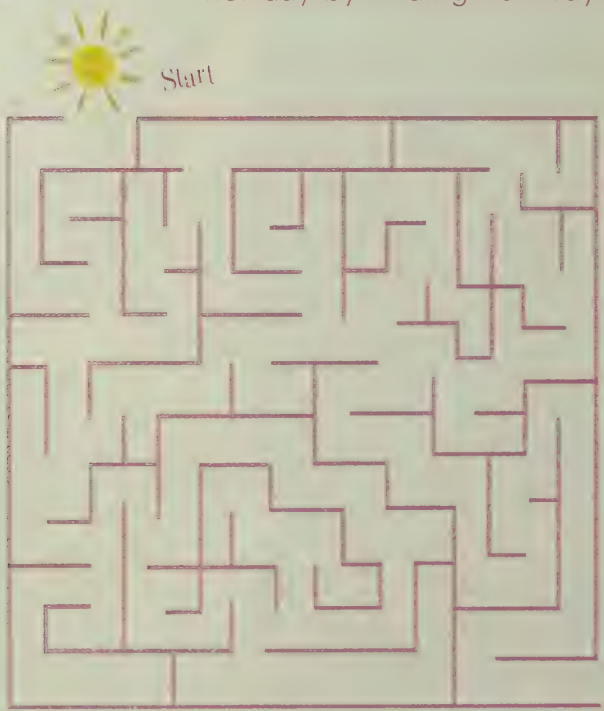
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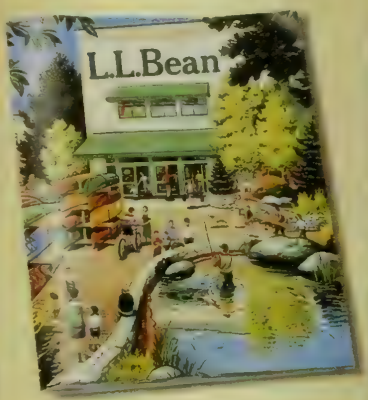
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from the editor

Most of us have women to thank for a myriad of important life moments. From first smiles to first steps, from lessons learned to challenges met, and from birth to death our lives are touched by the women we love and are loved by.

In May, we traditionally honor our mothers. A day of flowers, cards, and meals that Mom doesn't have to arrange, send, or prepare. And the perfect opportunity to tell her that she's irreplaceable. Without taking away from her day, it seems appropriate to enlarge our expression of gratitude and awe to include other women who have helped and inspired us.

My first thoughts are of the many older women who populated the numerous family gatherings of my childhood. A generation of survivors, these women had an inner strength often belied by their floral dresses, permed hair, and fresh apple pies. My Great Aunt Valeria comes to mind. A "third grandma" to my sisters and me, she told me some 30 years ago that she was the one with the weak heart in her family. She lived to be 100½ years. Now in heaven, I imagine her playing cards with all her friends, planning her trip to Hawaii, and crocheting an afghan that stretches from there to here.

There are also heroes among my peers. There's Robin, a single, working mom of an 11-year-old boy, with all that implies. And Mari, mother of two, who is an ER nurse at a children's hospital. Every time I wonder how I'm going to juggle the demands of the day, I think of the two of them and smile, knowing they are already way ahead of me.



While contemplating these and other women who give so freely of their time, care, and talents, I realize that every one of them would consider themselves and their work to be nothing out of the ordinary. Just average women doing their everyday tasks. And, in doing so, they make a world of difference.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

Be sure to catch Part Two of our American Family series, which focuses on the woman's viewpoint of a modern-day frontier experience. "Strong Hands, Gentle Hearts" begins on *page 123*.



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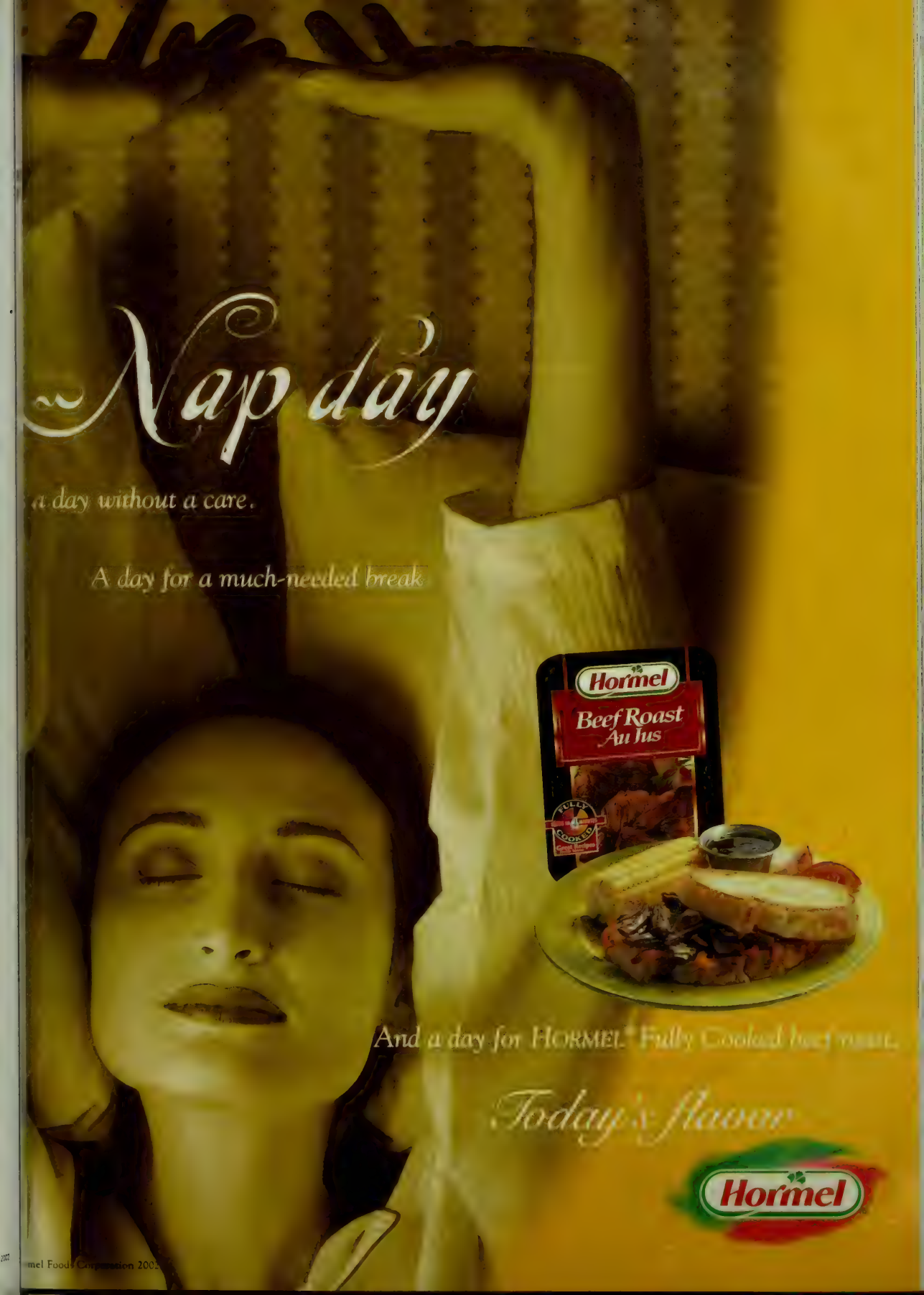
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Ronnie Koppelman
Columbia, Md.

Two leashes better than one

What do you do when the 4-year-old insists on holding the dog's leash, though you know it is more than he can handle? Snap an extra leash onto the dog's collar, so you, too, can get a grip while taking walks.

Barbara Mech
Downers Grove, Ill.

Rembrandt reminder

To help my 6-year-old remember to brush her teeth, she and I made a large picture of a toothbrush from paper and decorated it, complete with a happy face on the bristles. We hung the artwork on her bedroom door. I no longer need to remind her.

Pam Aspinall
Sutter Creek, Calif.

family network

Family history 101

My children were bored with history and had a hard time putting events in the right order. We made a small family tree, linking dates of some historical events with dates for the lives of family members. Now our kids associate Pearl Harbor with their grandmother, for instance.

Kathy Brown
Waterford, Mich.

Safe solution

A friend of mine was concerned about her aging father's unsafe driving. Despite pleas to get him to give up his car, he refused. My friend and her siblings decided on another approach: They asked him if he would be willing to sell the car to his grandson, who would be available to drive Granddad wherever he needed to go. He agreed. Now he gets to spend time with his grandson while being chauffeured around.

Jane McBride Choate
Loveland, Colo.

A bright idea

Tired of fumbling in the dark for a flashlight, I applied glow-in-the-dark adhesive strips to the handle. Now I can easily find the flashlight whether at home or camping.

Cynthia Edwards
Arroyo Grande, Calif.

Customized phone book

Because my mother-in-law's eyes are failing, it is difficult for her to look up her friends' phone numbers in her address book. I entered all the important numbers into my computer, printed them out in large type, and organized the listings in a 4×6-inch photo album. Now, she can call her friends whenever she likes.

Ronnie Koppelman
Columbia, Md.

Two leashes better than one

What do you do when the 4-year-old insists on holding the dog's leash, though you know it is more than he can handle? Snap an extra leash onto the dog's collar, so you, too, can get a grip while taking walks.

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Pam Aspinall
Sutter Creek, Calif.

Loading up the laundry basket

With three small children, our home seemed constantly cluttered. To get the little ones to help pick up, I gave them each a plastic laundry basket that they can fill with their toys. It slides easily across the carpet and makes "basket time" a quick way to clean up without a fuss!

Michelle Eliason
Redlands, Calif.

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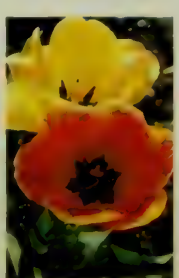
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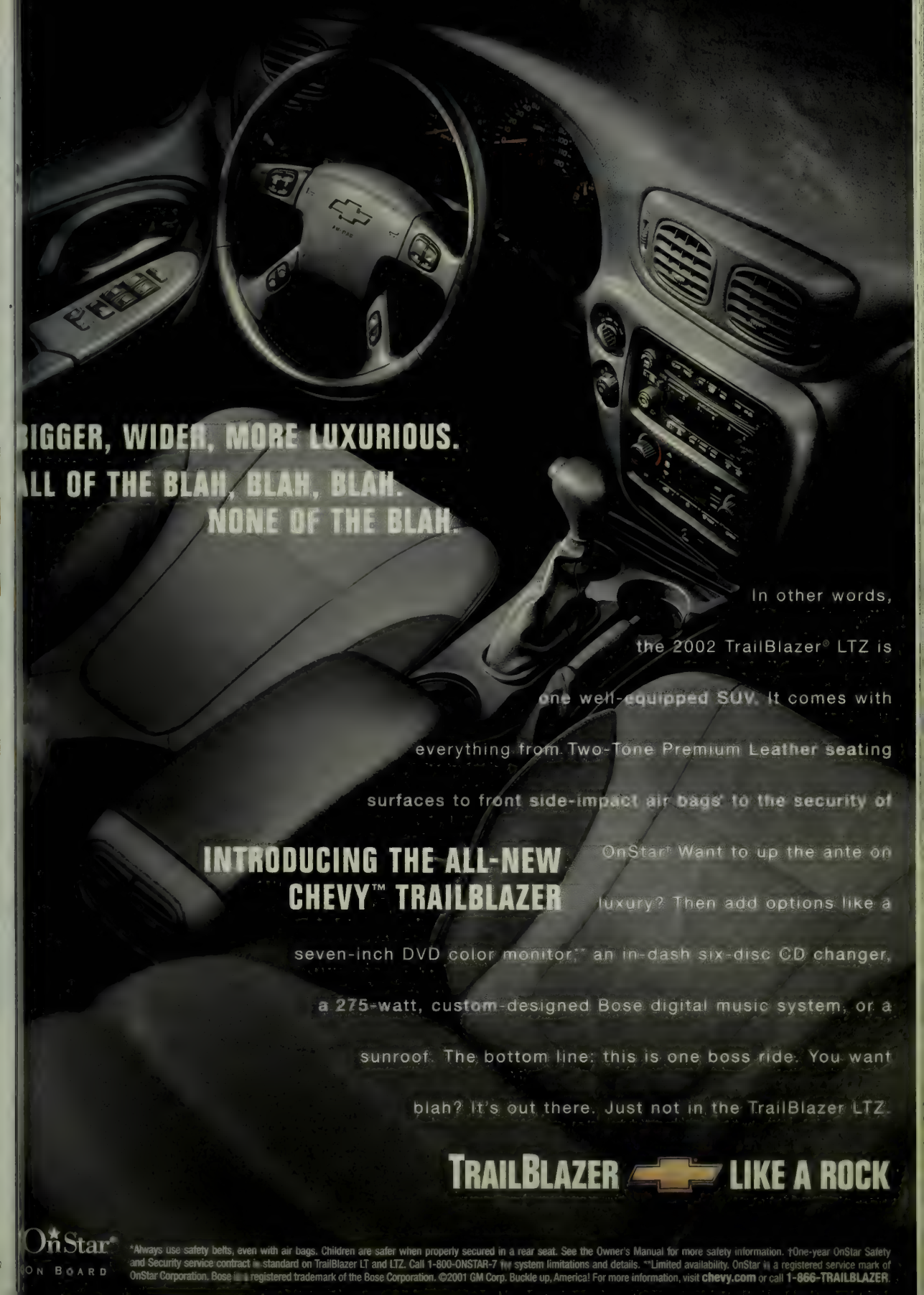
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Unfortunately, nearly 40% of women in their sixties have osteoporosis.

Fortunately, there's FOSAMAX.

Ask your doctor about a bone density test.

Early on, osteoporosis is a silent disease, so you may not see any signs. Risk increases with age and varies from person to person. In fact, after the age of 80, over 75% of women have osteoporosis. If you have a thin build, are Caucasian or Asian, have a family history of osteoporosis, or are a smoker, your risk for osteoporosis increases.

Fortunately, your doctor can measure the health of your bones with a simple, painless bone density test. If your bones are thinning, your doctor may prescribe FOSAMAX.

FOSAMAX is proven to help build bone.

FOSAMAX is a nonhormonal tablet for the treatment and prevention of osteoporosis in postmenopausal women. FOSAMAX has been proven to help build bone. Increases in bone mass were evident as early as three months after therapy was begun. FOSAMAX is the number-one prescribed osteoporosis drug treatment.*

FOSAMAX is also available in a once-weekly tablet.

FOSAMAX is the only once-weekly tablet for the treatment and prevention of postmenopausal osteoporosis. In studies, FOSAMAX Once Weekly was as effective as FOSAMAX Once Daily in increasing bone density. And FOSAMAX is the only oral medication with a convenient once-weekly option proven to help build bone.

Important information about FOSAMAX.

You should not use FOSAMAX if you have certain disorders of the esophagus (the tube connecting the mouth with the stomach), are unable to stand or sit upright for 30 minutes, have severe kidney disease, low blood calcium, or are allergic to FOSAMAX. Use with caution if you have stomach or digestive problems. Stop taking FOSAMAX and tell your doctor if you develop new or worsening heartburn, difficult or painful swallowing, or chest pain because these may be signs of serious upper digestive problems which can include irritation, inflammation, or ulceration of the esophagus. (See Patient Product Information for more details.) Digestive side effects in studies were generally mild and included stomach pain, indigestion/heartburn, or nausea.

Ask your doctor about a bone density test and if FOSAMAX is right for you.

FOSAMAX Once Weekly
Proven to help build bone.

ONCE WEEKLY

FOSAMAX®
(alendronate sodium tablets)

Please see the Brief Summary of Patient Product Information on the following page and discuss it with your doctor.

*Source: IMS HEALTH, National Prescription Audit *PLUS*™ (NPA *PLUS*™) and the National Disease and Therapeutic Index™ (based on total prescriptions for the period January 1, 2001 to August 31, 2001).

FOSAMAX®
(alendronate sodium tablets)

FOSAMAX is available as a tablet taken **once daily** or as a tablet taken **once weekly**. It is important that you know which tablet your doctor has prescribed and that you take FOSAMAX as directed by your doctor.

Please read this information before you start taking FOSAMAX*. Also, read the information each time you renew your prescription, just in case anything has changed. Remember, this information does not take the place of careful discussions with your doctor. You and your doctor should discuss FOSAMAX when you start taking your medication and at regular checkups.

How should I take FOSAMAX?

FOSAMAX is a tablet to be taken **once daily** or as a tablet to be taken **once weekly**.

- If your doctor has prescribed FOSAMAX as a tablet to be taken **once daily**, take FOSAMAX once a day, every day. If you miss a dose, do not take it later in the day. Continue your usual schedule of one tablet once a day the next morning.
- If your doctor has prescribed FOSAMAX as a tablet to be taken **once weekly**, choose the day of the week that best fits your schedule. Every week, take one tablet on your chosen day. If you miss a dose, take only one FOSAMAX **Once Weekly** tablet on the morning after you remember. *Do not take two tablets on the same day.* Return to taking one tablet once a week, as originally scheduled on your chosen day.

Whether your doctor has prescribed FOSAMAX to be taken **once weekly** or **once daily**, these are the important things you must do to help make sure you will benefit from FOSAMAX:

1. **After getting up for the day, and before taking your first food, beverage, or other medication, swallow your FOSAMAX tablet with a full glass (6-8 oz) of plain water only.**
   Not mineral water
   Not coffee or tea
   Not juice
   Do not chew or suck on a tablet of FOSAMAX.
2. **After swallowing your FOSAMAX tablet do not lie down - stay fully upright (sitting, standing, or walking) for at least 30 minutes and do not lie down until after your first food of the day.** This will help the FOSAMAX tablet reach your stomach quickly and help reduce the potential for irritation of your esophagus (the tube that connects your mouth with your stomach).
3. **After swallowing your FOSAMAX tablet, wait at least 30 minutes before taking your first food, beverage, or other medication of the day,** including antacids, calcium supplements and vitamins. FOSAMAX is effective only if taken when your stomach is empty.
4. **Do not take FOSAMAX at bedtime or before getting up for the day.**
5. **If you have difficulty or pain upon swallowing, chest pain, or new or worsening heartburn, stop taking FOSAMAX and call your doctor.**
6. It is important that you continue taking FOSAMAX for as long as your doctor prescribes it. FOSAMAX can treat your osteoporosis or help you from getting osteoporosis only if you continue to take it.

What is FOSAMAX?

FOSAMAX Once Daily and Once Weekly can be used to:

- **Treat or prevent osteoporosis (thinning of bone) in women after menopause, and reduce their chance of having a hip or spinal fracture**
- **Increase bone mass in men with osteoporosis**

FOSAMAX Once Daily is also for the treatment of osteoporosis in both men and women receiving corticosteroid medications (for example, prednisone).

You will find more information about osteoporosis at the end of this summary.

How does FOSAMAX work?

FOSAMAX works by:

- Reducing the activity of the cells that cause bone loss
- Decreasing the faster rate of bone loss that occurs after menopause or with use of corticosteroid medications
- Increasing the amount of bone in most patients

These effects are seen as soon as three months after therapy with FOSAMAX has begun. These effects continue as long as you keep taking FOSAMAX. The density of bone is maintained or increased and the bone is less likely to fracture.

Who should not take FOSAMAX?

Patients with:

- Certain disorders of the esophagus (the tube that connects your mouth with your stomach)
- Inability to stand or sit upright for at least 30 minutes
- Low levels of calcium in their blood
- Severe kidney disease
- Allergy to FOSAMAX

Patients who are:

- Pregnant or nursing
  If you are pregnant or nursing, you should not be taking FOSAMAX. Talk to your doctor.

What other medical problems should I discuss with my doctor?

Talk to your doctor about any:

- Problems with swallowing
- Stomach or digestive problems
- Other medical problems you have or have had in the past

What are the possible side effects of FOSAMAX?

Some patients may develop severe digestive reactions including irritation, inflammation or ulceration (occasionally severe and/or with bleeding) of the esophagus (the tube that connects your mouth with your stomach). These reactions can cause chest pain, heartburn or difficulty or pain upon swallowing. This may occur especially if patients do not drink a full glass of water with FOSAMAX and/or if they lie down in less than 30 minutes or before their first food of the day. Esophageal reactions may worsen if patients continue to take FOSAMAX after developing symptoms suggesting irritation of the esophagus.

Like all prescription drugs, FOSAMAX may cause side effects. Side effects usually have been mild. They generally have not caused patients to stop taking FOSAMAX. Some patients treated with FOSAMAX experienced abdominal (stomach) pain. This is the most commonly reported side effect. Less frequently reported side effects are:

Nausea, heartburn, irritation or pain of the esophagus (the tube that connects your mouth with your stomach), vomiting, difficulty swallowing, a full or bloated feeling in the stomach, constipation, diarrhea, black and/or bloody stools, stomach or other peptic ulcers (some severe), and gas.

Bone, muscle or joint pain, headache, or an altered sense of taste were also experienced by some patients. Rarely, a rash (occasionally made worse by sunlight) or eye pain have occurred. Allergic reactions such as hives or, rarely, swelling of the face, lips, tongue and/or throat which may cause difficulty in breathing or swallowing have also been reported. Mouth ulcers have occurred when the tablet was chewed or dissolved in the mouth.

Anytime you have a medical problem you think may be related to FOSAMAX, talk to your doctor.

What should I know about osteoporosis?

Normally your bones are being rebuilt all the time. First, old bone is removed (resorbed). Then a similar amount of new bone is formed. This balanced process keeps your skeleton healthy and strong.

Osteoporosis is a thinning and weakening of the bones. It is common in women after menopause and may also occur in men. Osteoporosis often occurs in women several years after the menopause, which happens when the ovaries stop producing the female hormone estrogen, or are removed (which may occur, for example, at the time of a hysterectomy). After menopause, bone is removed faster than it is formed, so bone loss occurs and bones become weaker.

Osteoporosis can also occur in men due to several causes, including aging and/or a low level of the male hormone testosterone. It may also be caused by certain medications called corticosteroids in both men and women. In all instances of osteoporosis, bone is removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy.

At the start osteoporosis usually has no symptoms, but it can result in fractures (broken bones). Fractures usually cause pain. Fractures of the bones of the spine may not be painful, but over time they cause height loss. Eventually the spine becomes curved and the body becomes bent over. Fractures may happen during normal, everyday activity, such as lifting, or from minor injury that would normally not cause bone to break. Fractures most often occur at the hip, spine, or wrist. This can lead to pain, severe disability, or loss of mobility.

Osteoporosis in men and women caused by corticosteroids

Corticosteroids can cause bone to be removed faster than it is formed, so bone loss occurs and bones become weaker. Therefore, maintaining bone mass is important to keep your bones healthy. It is important to take your corticosteroid medication as recommended by your doctor.

How can osteoporosis be treated or prevented?

- **Medication.**
  FOSAMAX acts specifically on your bones. FOSAMAX is not a hormone and does not have the benefits and risks of estrogen (hormone replacement therapy used in postmenopausal women) elsewhere in your body.
- **Lifestyle changes.**
  In addition to FOSAMAX, your doctor may recommend one or more of the following lifestyle changes:
  - **Stop smoking.** Smoking appears to increase the risk of osteoporosis.
  - **Reduce the use of alcohol.** Too much alcohol appears to increase the risk of osteoporosis and injuries that may cause fractures.
  - **Exercise regularly.** Like muscles, bones need exercise to stay strong and healthy. Exercise must be safe to prevent injuries including fractures. You should consult your doctor before you begin any exercise program.
  - **Eat a balanced diet.** Adequate dietary calcium is important. Your doctor can advise you whether you need to change your diet or take any dietary supplements such as calcium or vitamin D.

This medication is prescribed for a particular condition. Do not use it for another condition or give the drug to others. Keep FOSAMAX and all medicines out of the reach of children. If you suspect that more than the prescribed dose of this medicine has been taken, drink a full glass of milk and contact your local poison control center or emergency room immediately. Do not induce vomiting. Do not lie down.

This provides a summary of information about FOSAMAX. If you have any questions or concerns about either FOSAMAX or osteoporosis, talk to your doctor. In addition, talk to your pharmacist or other health care provider.

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fine lines

A ball of string or twine can transform ordinary objects into textural art forms. Just pick up a glue gun or a sewing needle and start to unwind.





Appealing Fruit

Natural hemp twine turns wooden fruits into monochromatic sculptures for a subtle and sophisticated centerpiece. Glue the loose end of the twine into the dimple at the top of the fruit, then spiral the twine around the top and down around the fruit. Working in small segments, run a small bead of low-temperature hot glue onto the fruit and carefully lay the twine over the glue. Also in the dimple at the top, glue a stem plucked from fresh fruit and a silk leaf.

continued on page 24

Fine Lines

continued from page 23

Coiled Pots

Clay pots take on a handmade charm when wound with concentric rows of twine. The almost-endless variety of twine products allows you to create personalized looks. Check out hardware stores, packaging centers, crafts shops, art-supply stores, jewelry-making and bead suppliers, and stationery and paper-goods stores. For the pots shown here, look for tightly woven twines to give you the neatest results.

Basic gluing techniques

Starting at the bottom of the pot, wind twine around, gluing it as you go and packing the rows tightly. If you prefer, use extra-thick tacky glue instead of hot glue. Brush small patches of the pot with a thin coat of glue and press the twine into the glue.

continued on page 27

Shaping up Twine wrapping softens the surface of everyday terra-cotta pots while adding textural interest (*above*). Pack the rows of twine tightly to keep the terra-cotta from peeking through.



Stick with it Use a glue gun to run a bead of low-temperature hot glue just above the previous row of twine (*right*), then lay the twine over the glue. Pull tautly to adhere the twine; don't use your fingers to press it into the hot glue.



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Fine Lines

continued from page 24

Couched Creations

Several different textures combine to create playful and interesting pillow designs. The twine is added by using a stitching technique called couching.

Applying the design

Cut pillow pieces from linen. Draw the design onto pillow top using a thin, washable fabric marker. For the round pillow, anchor the twine at the starting point by threading it onto a tapestry needle, knotting the end, and stitching from the back to the front at the center of the spiral. For both pillows, pin the twine in place (as shown *below*). Using a single thread in a matching color, sew from under the fabric, up over the twine, and back through the fabric. Repeat, keeping the stitches close to the twine and spacing them ½ inch apart. Assemble the pillow as desired. ⌂



Twine lines For the circular pillow (*above*), use one continuous piece of twine. Increase the space between lines as you work from the center out until the final rows are about ¾ inch apart. For the striped pillow, use a variety of twines and strings, keeping them parallel and straight but varying the space between the lines.

Hold on Pin the rows on one at a time, pinning through both the fabric and the twine. Couch the twine in place (*left*), remove the pins, and attach the next row.

Relive the splendor of Scarlett's™ world

Scarlett™ master-piece features gorgeous plate portraiture, handcrafted sculpt of Tara™ and Scarlett™ presented on a handsome stand



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cabinet facelifts

We took the same kitchen cabinets and gave them three distinct looks using paint and a wardrobe of fashionable accessories. Let these designs—and the new door options on *page 36*—inspire a fresh face for your kitchen.





essential elements

To create a streamlined environment in your kitchen, remove a few doors and eliminate the fussy window cornice from builder's-grade cupboards (*left*). Erase dull wood with an energizing coat of white paint. Then arrange dishware in the wall cabinet and gain display space by adding a shelf above the window. Conceal under-sink clutter with a white cotton panel hung from clip-on rings and steel cable. Wrap it all up with a little sparkle: sleek brushed-chrome hardware, an arched chrome faucet, a metallic-finish blind, and shiny tiles sprinkled across a white backsplash.

continued on page 32



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continued from page 30

rustic charm

Two hues are better than one for infusing average cupboards with loved-through-the-years character. After removing the doors and drawers, lightly sand them and apply primer. Substitute substantial wooden knobs for metal hardware. Finish with a rousing combination of rich red for the base cabinetry and deep taupe for upper doors and the cornice. To instantly age the new finish, lightly dry-brush taupe over the red. Complete the transformation with a single row of cream and taupe tiles for the backsplash, a woven window shade accented with red cotton banding, and walls dressed in timeless toile wallpaper.



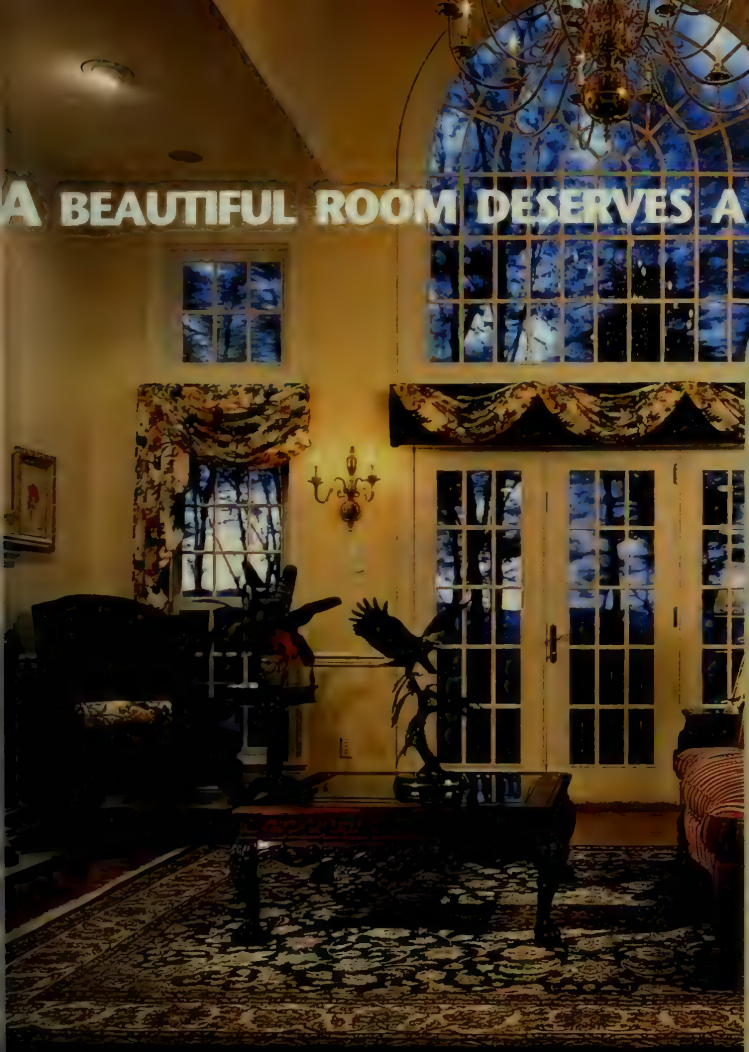




Red paint, dry-brushed over the door frame's bead (*above, top*) gives upper doors more depth and age. The secret to dry brushing is to use short, random strokes with as little paint as possible. For a finishing touch that gives the lower doors the look of tongue-and-groove paneling (*above*), use an artist's brush to apply red stripes 3 inches apart.

continued on page 34

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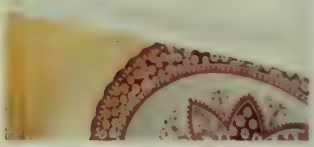
continued from page 32

classic beauty

Clever additions give these cupboards the look of elegant freestanding furniture. To create the hutch, three elements found at home centers bridge the gap between upper and lower cabinets: a beadboard backsplash, an arched fascia (installed *below* the upper cabinets), and curved side brackets. For the upper doors, glass replaces wood panels; wood mullions (also purchased from a home center) were cut to fit atop the glass and glued to the door frame. Bun feet, tucked into the toe-kick gap, complete the illusion. White paint refreshes the cabinet exteriors, while the red painted interior in the upper cabinet provides a dramatic backdrop for dishware.









For this classic Swedish country look (*left*), a red-and-white toile café curtain repeats the color of the dishware on display. Brushed chrome hardware (*above, top*) adds eye-pleasing polish to the room. Also, you can glue wood rectangles on purchased bun feet to gain a custom look (*above*) for base cabinets. Taupe paint makes the toe-kick recede, enhancing the illusion that this is a freestanding hutch.

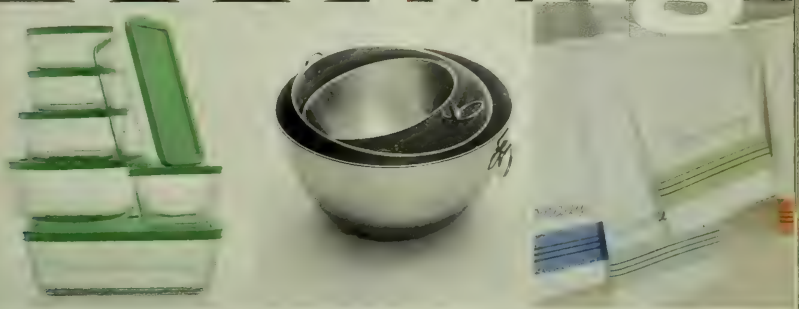
continued on page 36

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everyday



what's cooking





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choice doors

Spare the cost of new cabinets—and dramatically change your kitchen's style—with new cupboard doors. If you have standard-size cabinets, which most builder's-grade or stock cabinets are, measure the old doors and drawer fronts, and take the dimensions to a home center to view an array of replacement styles. Complete your cabinet makeover by covering exposed sides and face frames with matching adhesive-backed veneers.



Sleek

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Charming

Create a cottage look with this beadboard design. Suitable for any kitchen where your goal is nostalgia, this unfussy style adds dimension and interest to neutral white cabinetry.



Fresh

To bring the refreshing feel of the outdoors inside, cultivate a gardenlike setting with this breezy door style. It features a green lattice panel within a natural-finish frame.



Subtle

This versatile style features a richly stained frame with a wicker inset. It is suitable whether you collect exotic Asian imports or handwoven American baskets.

Buying information, page 260

More kitchen design help is just a click away at www.bhg.com/kitchens

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- 1 **cup coarsely chopped pecans**
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- 3 **tablespoons 70% vegetable oil spread (in sticks)**
- 1 **teaspoon vanilla**
- ½ **teaspoon baking soda**

1. Heat oven to 250° F. Spray 13" x 9" baking pan with non-stick cooking spray. Combine cereal and pecans in pan; set aside.
2. In a large microwaveable bowl, combine sugar, corn syrup, and vegetable oil spread. Microwave on HIGH 1 minute 30 seconds. Stir. Microwave again for 30 seconds or until boiling.
3. Stir vanilla and baking soda into mixture. Pour over cereal; stir to coat mixture evenly.
4. Bake 1 hour, stirring every 20 minutes. Spread on baking sheet and cool completely; break into pieces. Store tightly covered.

Nutrition Information – *Each serving (1 cup): Calories 180, Calories from Fat 60; Total Fat 7g; Saturated Fat 1g; Cholesterol 0mg; Sodium 180mg; Total Carbohydrate 27g; Dietary Fiber 2g; Protein 3g*

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Entry Upgrades

Salvaged from an earlier remodeling, French doors (*left*) used as windows flank the portico to shield guests from inclement weather. The design (*below*) adds an eye-catching vertical element to the home's mainly horizontal profile.



A welcoming portico

Hospitality begins at the front door—with an entry that greets as warmly as a hug or a hearty handshake. And upgrading a home's entry enhances its curb appeal, as well.

Once donning the flat facade of a typical Cape Cod design, this Portland, Oregon, home offered no shelter from the rain. What's more, the small house didn't visually measure up to more formal homes on the block. A new portico, supported by recycled columns, changed all that. Dentil and crown moldings add architectural detail. The trim also extends across the front of the house to tie the welcoming space to the rest of the facade.

continued on page 42



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continued from page 40



A bushy tree (*above*) screens a built-in bench (*below*) from passersby. The stained glass panel suspended above the bench came from an old hotel.



A hip overhang

To achieve an entry upgrade that doesn't look tacked on, take a cue from your home's basic "bones"—especially its roofline. That's what architect Tom Mitchell did when he planned a new front porch for Lori and Joel Soderberg's home in Edmonds, Washington. In order to make the space feel more substantial, he designed a porch wing coming off the garage, complete with a hipped roof to match the house. The structure gives the L-shaped ranch more "presence," Mitchell says, helping to set its appearance apart from others on the block.

As part of the remodeling, the Soderbergs removed trees that darkened the home and obscured the entry from the nearby street. They reused the original front door, but widened it with identical leaded-glass sidelights. To further brighten the interior, skylights were added behind the porch roof, where they are out of view from the street.

continued on page 44



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Entry Upgrades

continued from page 42

A neoclassic porch

As part of a whole-house remodeling of this 1900-vintage waterfront home, architect Joe Schiffer tore off several ill-planned additions and created an entry porch that harks back to the home's shingle-style roots. He used a larger back porch as inspiration, repeating its columns, railings, and even the roof pitch. "The new porch is built as a gesture to receive people," Schiffer says. Like any good entry, this one starts at the street. The porch captures visitors as the facade's focal point. They then approach along a path that winds among lush landscaping, keeping the porch's clean, strong lines always in sight.



Details such as a plank ceiling (*above*) help the porch look as if it's always been there. Open wood steps without railings (*below*) give the entry porch an informal feeling.



Sizing information, page 260

PHOTOGRAPHS: TOM MCWILLIAM; ARCHITECT: JOE SCHIFFER; BUILDERS: WILLIAM THOMPSON AND KEN BURNS; REGIONAL CONTRIBUTOR: KARIN LIDBECK

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INDICATIONS
ProHeart 6 is indicated for use in dogs six months of age and older for the prevention of heartworm disease caused by *Dirofilaria immitis*.

ProHeart 6 is indicated for the treatment of existing larval and adult hookworm *(Ancylostoma caninum)* infections.

CONTRAINDICATIONS
ProHeart 6 is contraindicated in animals previously found to be hypersensitive to this drug.

HUMAN WARNINGS
Not for human use. Keep this and all drugs out of the reach of children. May be slightly irritating to the eyes. May cause slight irritation to the upper respiratory tract if inhaled. May be harmful if swallowed. If contact with the eyes occurs, rinse thoroughly with water for 15 minutes and seek medical attention immediately. If accidental ingestion occurs, contact a Poison Control Center or a physician immediately. The material safety data sheet (MSDS) contains more detailed occupational safety information.

PRECAUTIONS
Use with caution in sick, debilitated or underweight animals (see SAFETY). ProHeart 6 should not be used more frequently than every 6 months.

The safety and effectiveness of ProHeart 6 has not been evaluated in dogs less than 6 months of age.

Prior to administration of ProHeart 6, dogs should be tested for existing heartworm infections. At the discretion of the veterinarian, infected dogs should be treated to remove adult heartworms. ProHeart 6 is not effective against adult *D. immitis* and, while the number of circulating microfilariae may decrease following treatment, ProHeart 6 is not effective for microfilariae clearance.

No adverse reactions were observed in dogs with patent heartworm infections when ProHeart 6 was administered at three times the labeled dose. Higher doses were not tested.

ADVERSE REACTIONS
Some dogs treated with ProHeart 6 in laboratory effectiveness studies developed transient, localized inflammatory injection site reactions. These injection site reactions were visible grossly for up to 3 weeks after injection. Histologically, well-defined granulomas were observed in some dogs at approximately 5 months after injection.

In clinical field trials, the following adverse reactions were observed in approximately 1% of 280 dogs treated with ProHeart 6: vomiting, diarrhea, listlessness, weight loss, seizures, injection site pruritis, and elevated body temperature.

To report suspected adverse reactions or to obtain technical assistance, call (800) 533-8536.

ANIMAL SAFETY
General Safety: ProHeart 6 has been safely administered to a wide variety of healthy dogs six months of age and older, including a wide variety of breeds, pregnant and lactating females, breeding males, and ivermectin-sensitive collies. However, in clinical studies, two geriatric dogs with a history of weight loss after the initial ProHeart 6 injection died within a month of the second 6 month injection. A third dog who was underweight for its age and breed and who had a history of congenital problems experienced lethargy following the initial injection of ProHeart 6. The dog never recovered and died 3 months later (see **PRECAUTIONS**).

ProHeart 6 administered at 3 times the recommended dose in dogs with patent heartworm infections and up to 5 times the recommended dose in ivermectin-sensitive collies did not cause any adverse reactions. ProHeart 6 administered at 3 times the recommended dose did not adversely effect the reproductive performance of male or female dogs. ProHeart 6 administered up to 5 times the recommended dose in 7-8 month old puppies did not cause any systemic adverse effects.

In well controlled clinical studies, ProHeart 6 was safely used in conjunction with a variety of veterinary products including vaccines, anthelmintics, antiparasitics, antibiotics, analgesics, steroids, non-steroidal anti-inflammatory drugs (NSAIDs), anesthetics and flea control products.

Injection Site Reactions: Injection site observations were recorded during clinical field trials and as part of safety studies conducted in laboratory dogs. In clinical studies, ProHeart 6 was administered at six-month intervals to client-owned dogs under field conditions. There were no reports of injection site reactions in these field studies and evaluations of the injection sites revealed no abnormalities.

In a laboratory safety study, ProHeart 6 was administered at 1, 3 and 5 times the recommended dose to 7-8 month old puppies. Injection sites were clipped to facilitate observation. Slight swelling/ edema at the injection site was observed in some dogs from all treated groups. These injection site reactions appeared as quickly as 8 hours post injection and lasted up to 3 weeks. A three-year repeated injection study was conducted to evaluate the safety of up to 6 injections of ProHeart 6 administered at the recommended dose (0.17 mg/kg) every 6 months. Mild erythema and localized deep subcuticular thickening were seen in dogs that received four injections in the same area on the neck and in one dog that received two injections in the same area on the neck. Microscopic evaluation on the injection sites from all dogs 6 months after the last injection consistently showed mild granulomatous panniculitis with microvacuolation. The only adverse reaction seen that was not related to the injection site was weight loss in one dog.

For customer service, product information or to obtain a copy of the MSDS, call (800) 685-5656.

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by Mark Kane

The Rewards of time



In 1984, Ann and Frank Reed bought a house with two acres and a landscape that was, in a word, overgrown. Take the shrubs by the house. Ann says, "If we sat on the patio, we couldn't see a thing." There were also four oversized flowerbeds—each 15 feet square. Ouf! With a decade of pruning, tending, and taking classes, the Reeds became gardeners. Then, knowing it was time for a change, they sought help from Barbara Olejnik, a friend who has since become a garden designer. Surprise! "Barbara made us think about the whole two acres," Ann says. They cleared vistas, made new beds, moved valuable plants to save them. Now, they're finding time to enjoy what the years have done. continued on page 50

Good-bye square beds and short views. Ann and Frank Reed have remade their Philadelphia yard with flowing beds and open vistas.







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The Rewards of Time

continued from page 48

The Reeds started the makeover by hiring a crew to move 75 shrubs and trees from the foundation of the house to the property lines. This gave them light in the house, vistas across the yard, and more privacy at the edges (without the usual wait for small plants to grow large). So the overgrown shrubs and trees became assets. Plus, Frank could take a break from pruning.

Then the couple dug up the 400 perennials that came with the house, stored them over winter, and planted them in the new oval bed in spring. All survived, including Frank, who calls himself the "bend-and-stoop" partner. The reward: a mature garden from the start.

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Three Wichita Blue junipers rise from a border of perennials and shrubs along the property line. A tall thin tree, such as Wichita Blue, is dramatic. Also, it has a small footprint, so it will always fit somewhere. The blue stems are Russian sage, and the ground cover along the path is heuchera in two varieties.



The spires of the Wichita Blue junipers (*left*) tug your eye from the stone patio to the border in front of the fence. The lawn in between gives way on the right to an oval island of perennials surrounded by a brick path. Off the corner of the patio (lower tier), the big-leaved clump is bergenia, a perennial that stays green through the winter in Philadelphia.



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The Rewards of Time

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Pruning has evolved into a pleasant pastime for Frank. "It's my methodical mind," he says. "I'm one of those people who likes a place for everything and everything in its place. When a shrub grows out of shape, I like to put it back into shape."

Ann tends the perennial garden, where she constantly seeks new looks by moving perennials until she finds the right companions in the right spot. She also brings in plants, especially new varieties of perennials, and they, too, soon find themselves moving around the garden. Perennial beds that draw oohs and aahs tend to have one thing in common; the kind of gardener who keeps nudging the garden from good to better.

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Out front (*left*), the landscape turns formal to greet guests and complement the house. In 1984, mature shrubs *covered* the windows. Out they went. Today boxwood hedges stay politely low and shelter mixed beds. In the foreground, the grassy liriope Silver Dragon mingles with the blue leaves of hosta Halcyon.





The beds are planted in tiers, so every plant shows. Pennisetum Cassian backs up the broccoli-like flowers of sedum Autumn Joy (*far left*). Red Sentinel astilbe (*near left*) looks down on a walk edged by sedum and yellow coreopsis Zagreb in full flower.



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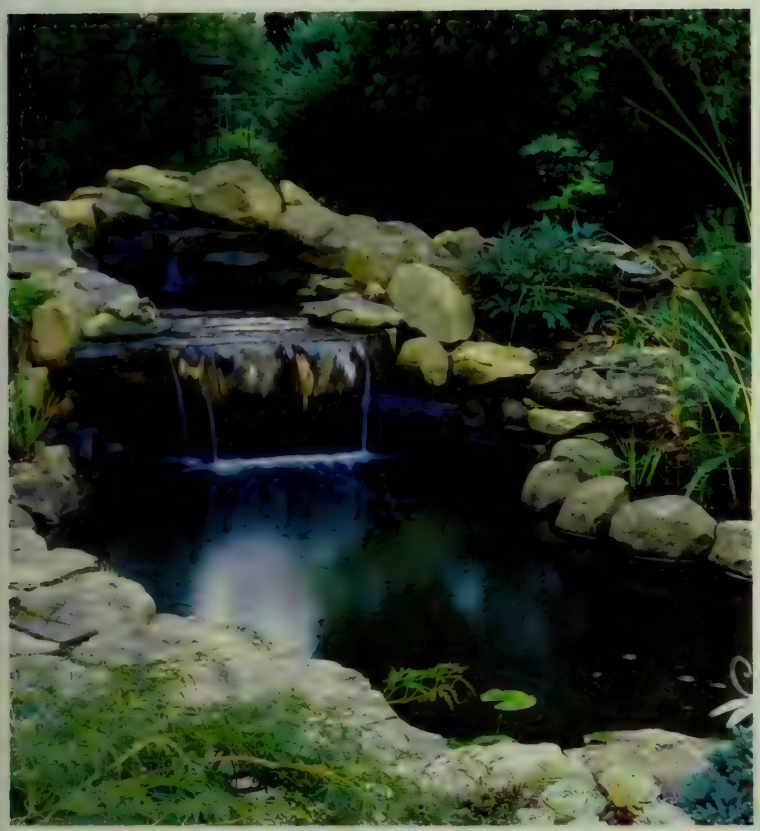
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The Rewards of Time

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The property hid a pond that emerged as Frank pruned the huge azaleas and rhododendrons. Good fortune? Not exactly. "No matter what I tried, the pond kept leaking," Frank says. So, out with the old, in with the new; the new pond, that is. The azaleas had to go, but they got a second life. "We gave the azaleas to a friend, and they are thriving," Frank says.

The pond has two waterfalls, and the Reeds can hear the soft sound of the water from their bedroom. They halt the pump from mid-December to April to avoid making the fish cold. "That's the theory," Frank says.

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There's a music in water, but it needs tuning. A sharp edge and a medium-size pump combine to send a waterfall calmly sheeting into the pond. The sound is quiet and lulling.

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The Rewards of Time

continued from page 55

Ann and Frank continue to work on the landscape. Two years ago, they added another bed to the perimeter of the yard, and Frank plans an overflow system for the pond. He takes care of the pond and the pond garden (and the pruning) while Ann tends the perennial gardens. "I love tinkering with the design after the garden is finished. I like dividing and moving the plants to create the palette I want each year." It shows. "We have a good partnership," Ann says. "Frank and I do a lot together—like play tennis—but gardening is nice because it's a creative project." And the work? Ann says, "When you've sweated a little bit, you really appreciate what you've done."





Plants for close viewing add intimacy to this nook on the patio (*above*). The vine on the wall is a passionflower called Blue Boutique. Hens-and-chicks fill the pots on the shelf; the topiaries below are made of rosemary and serissa in the shape of globes on single stems. Instead of growing in the ground, they're in buried pots so Ann can lift them for the winter.

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BRIEF SUMMARY (For full Prescribing Information, see package insert.)
INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established.
CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.
WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal, ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.

If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.
PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.

Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported.

Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.

When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully.

Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.

Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis).

At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.

In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at a dose of 15 mcg/kg.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 14 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), microphthalmia, umbilical hernias, and delayed ossification were observed in rat pups.

In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and/or delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).

In an oral developmental study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in most rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective noncorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.

Seven hundred and twenty (720) patients 3 to 11 years of age were treated with mometasone furoate nasal spray, 50 mcg (100 mcg total daily dose) in controlled clinical trials. Safety and effectiveness in children less than 3 years of age have not been established.

A clinical study has been conducted for one year in pediatric patients (ages 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (100 mcg total daily dose) on growth velocity. No statistically significant effect on growth velocity was observed for NASONEX Nasal Spray, 50 mcg compared to placebo. No evidence of clinically relevant HPA axis suppression was observed following a 30-minute Cosyntropin infusion.

The potential of NASONEX Nasal Spray, 50 mcg to cause growth suppression in susceptible patients or when given at higher doses cannot be ruled out.

Geriatric Use: A total of 203 patients above 64 years of age (age range 64 to 85 years) have been treated with NASONEX Nasal Spray, 50 mcg for up to 3 months. The adverse reactions reported in this population were similar in type and incidence to those reported by younger patients.
ADVERSE REACTIONS In controlled US and International clinical studies, a total of 3210 adult and adolescent patients ages 12 years and older received treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mcg/day. The majority of patients (n = 2103) were treated with 200 mcg/day. In controlled US and international studies, a total of 990 pediatric patients (ages 3 to 11 years) received treatment with NASONEX Nasal Spray, 50 mcg, at doses of 25 to 200 mcg/day. The majority of pediatric patients (720) were treated with 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients have been treated for 1 year or longer. The overall incidence of adverse events for patients treated with NASONEX Nasal Spray, 50 mcg was comparable to patients treated with the vehicle placebo. Also, adverse events did not differ significantly based on age, sex, or race. Three percent or less of patients in clinical trials discontinued treatment because of adverse events; this rate was similar for the vehicle and active comparators.

All adverse events (regardless of relationship to treatment) reported by 5% or more of adult and adolescent patients ages 12 years and older who received NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by pediatric patients ages 3 to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day in clinical trials vs placebo and that were more common with NASONEX Nasal Spray, 50 mcg than placebo, are displayed in the table below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patients Ages 3 to 11 years	
	NASONEX 200 mcg (N = 2103)	VEHICLE PLACEBO (N = 1671)	NASONEX 100 mcg (N = 374)	VEHICLE PLACEBO (N = 376)
Headache	26	22	17	18
Viral Infection	14	11	8	9
Pharyngitis	12	10	10	10
Epistaxis/Blood-Tinged Mucus	11	6	8	9
Coughing	7	6	13	15
Upper Respiratory Tract Infection	6	2	5	4
Dysmenorrhea	5	3	1	0
Musculoskeletal Pain	5	3	1	1
Sinusitis	5	3	4	4
Vomiting	1	1	5	4

Other adverse events which occurred in less than 5% but greater than or equal to 2% of mometasone furoate adult and adolescent patients (ages 12 years and older) treated with 200-mcg doses (regardless of relationship to treatment), and more frequently than in the placebo group included: arthralgia, asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earache, flu like symptoms, myalgia, nausea, and rhinitis.

Other adverse events which occurred in less than 5% but greater than or equal to 2% of mometasone furoate pediatric patients ages 3 to 11 years treated with 100-mcg doses vs placebo (regardless of relationship to treatment) and more frequently than in the placebo group included: diarrhea, nasal irritation, otitis media, and wheezing.

Rare cases of nasal ulcers and nasal and oral candidiasis were also reported in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in patients treated for longer than 4 weeks.

In postmarketing surveillance of this product, cases of nasal burning and irritation, anaphylaxis and angioedema, and rare cases of nasal septal perforation have been reported.
OVERDOSAGE There are no data available on the effects of acute or chronic overdosage with NASONEX Nasal Spray, 50 mcg. Because of low systemic bioavailability, and an absence of acute drug-related systemic findings in clinical studies, overdose is unlikely to require any therapy other than observation. Intranasal administration of 1600 mcg (8 times the recommended dose of NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human volunteers, was well tolerated with no increased incidence of adverse events. Single intranasal doses up to 4000 mcg have been studied in human volunteers with no adverse effects reported. Single oral doses up to 8000 mcg have been studied in human volunteers with no adverse effects reported. Chronic overdosage with any corticosteroid may result in signs or symptoms of hypercorticism (see **PRECAUTIONS**). Acute overdosage with this dosage form is unlikely since one bottle of NASONEX Nasal Spray, 50 mcg contains approximately 8500 mcg of mometasone furoate.

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home improvement contest



Winners

Part 2 Our February issue featured the first batch of winners. Now get ready to tour three more real-life remodelings that earned top scores from our judges. Check in later this summer for the top Exterior and Outdoor entries.

For a complete list of winners and additional information about our contest, visit our Web site at www.bhg.com/hic2002.

whole-house remodelings winner

Before the remodeling, Sarah and Glen Knock's Maine home had a look that set neighbors and friends laughing. "We all joked that our single-story ranch had been transplanted from Miami in the Fifties," Sarah says. The Knocks took the dwelling down to its foundation—leaving only the chimney and a deck. The home built in its place took First Place in Whole-House Remodelings.

The Knocks made hefty improvements to the old floor plan even though town planners restricted construction to the original footprint. On the main floor, the walls came down between the living room, dining room, and kitchen, creating a sunny open space for family living and entertaining. "This is where we come together to socialize and enjoy each other's company," says Sarah. The family room/library, on the other hand, is the room to escape to for lounging, reading, or watching TV.

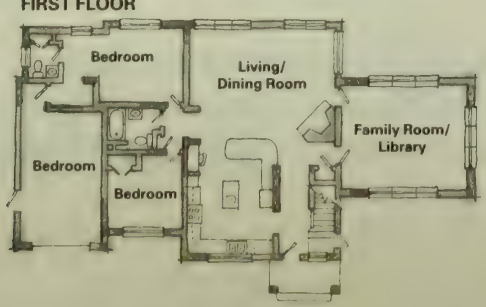
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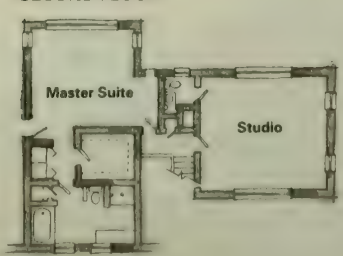
Windows flood Sarah and Glen Knock's living/dining space (*right*) with sunlight and coastal scenery. In the same room (*page 61*), the old dark-brick fireplace received a brightening facelift thanks to plasterboard and a new mantel/surround.

PHOTOGRAPHS: TOM McWILLIAM. ARCHITECT: JOE DIDONATO. CONTRACTOR: VAUGHAN DAMON. INTERIOR DESIGN: MACLIN DESIGN TEAM. KITCHEN DESIGN: GILBERT MILLER. REGIONAL CONTRIBUTOR: KARIN LIDBECK

FIRST FLOOR



SECOND FLOOR




BEFORE


AFTER

continued from page 63



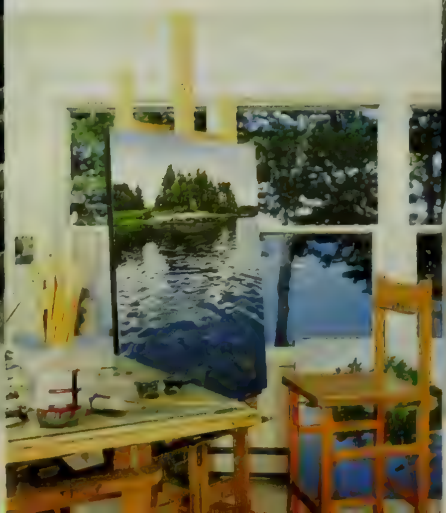




The new second floor includes a master bedroom that welcomes the couple with an oceanfront view of sun- and moon-rises. Adjacent to the bedroom, a studio provides Sarah, an artist, with constant inspiration for her paintings. Windows overlook the bay to the east and tall Maine pines to the west.

continued on page 66

Husband and wife share an attraction to water. Glen, a dentist, is a weekend sailor, and Sarah is a painter of seascapes and reflections on water. Kayaking is a sport they enjoy and, with a dock nearby, it's easy to slip away to the isles of Maquoit Bay.




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Home Improvement Contest

continued from page 64

Sarah wanted the kitchen to have a cottage-style theme with beadboard and antique-look hardware details. The white cabinetry features simple recessed panels and "feet," which add an old-furniture feel. The southern fir flooring, flowing into the kitchen from the combined living and dining space, was the only material salvaged from Sarah and Glen's original home.

continued on page 68



The island's butcher-block top and sink make up a food-prep zone where Glen can cut up the salad while Sarah works on the main course.



ke a me moment with the delicious creamy taste

of Breyers fat free yogurt.

continued from page 66



The red hutch (*below*)—the kitchen's focal point—makes a pleasing visual connection to Victoria's antique English red transferware collection. Although the hutch suggests a vintage country feel, it provides the modern convenience of an appliance garage behind a tambour front.

additions winner

When our Additions First Place winners, Victoria and Tom Kruggel, bought this mid-1960s, ranch-style house, they knew a bump-out would be in its future. Elementary problems—such as a cramped kitchen, dining room, and family room—had to be overlooked for the overriding benefit of the home's location, which set against a hillside of eucalyptus trees in Lafayette, California. "We don't own the trees, but we possess them visually," Victoria says. A private path behind the trees inspires walking and horseback riding.

continued on page 70




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helps fight seven signs of aging.
Improves appearance of:
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Home Improvement Contest

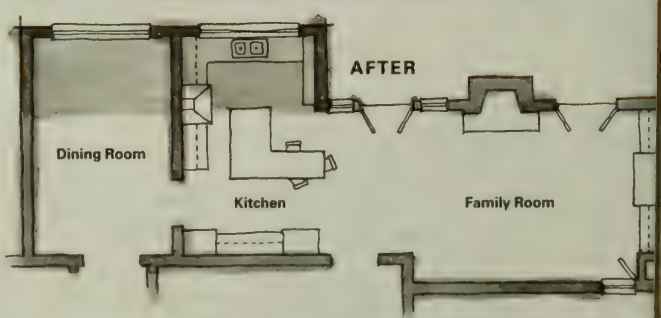
continued from page 68

Changing the orientation of the dining room (*right*) to jut out into the backyard allowed Victoria and Tom to raise the formerly flat 8-foot ceiling up to an 11-foot vault with beams.

In the family room (*bottom right*), a 2×20-foot section was claimed from the contiguous garage to make room for built-in shelves that house books, electronics, and collectibles.







Two and a half years later the urge to remodel came. A 6-foot addition to both the kitchen and the dining room provided significant space improvement, while preserving the proportions of their backyard. In the dining room (*top right*), French doors were replaced by a large window, and the ceiling was dramatically heightened. In the kitchen (*above*), a one-foot increase in the ceiling height contributed a sense of lightness by leaving breathing space at the top of the upper cabinets. An L-shaped island was added to the floor plan, allowing extra food prep space and seating for the family of five. And in the adjacent family room (*right*), the Kruggels removed a wall located beyond the fireplace, giving up a small bath and laundry area. New French doors now balance a matching pair to the left of the hearth.

continued on page 72




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store moisturizers. Instantly, tone
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Also try Total Effects Hand
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7
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interiors winner

Three hardly counted as a houseful when Mary and Ed Wynn bought the 1939 home in Lake Bluff, Illinois, they would share with son Ryan. But as their family quickly grew to include three additional children, including a set of twins, Mary and Ed realized that their house would need to grow as well. The basement, which had been partially finished by previous owners, provided the most logical stretching space. "The part that wasn't finished looked like a cellar with cinder-block walls," Mary says.

continued on page 74

A sectional sofa in the family room (*above*) provides plenty of movie-time seating for the Wynn family (*left*, from top to bottom): Mary, Megan, Ed, Ryan, Katy, and Sarah.



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In Zyrtec studies, side effects were mild or moderate and included drowsiness, fatigue and dry mouth. Drowsiness occurred in between 11% and 14% depending on dose, compared to 6% taking placebo.

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cetirizine HCl

Lots of allergies. Just one Zyrtec.®

Please see important information about Zyrtec 5-mg and 10-mg tablets and 1-mg/mL syrup on the adjacent page.

PATIENT SUMMARY OF INFORMATION ABOUT

ZYRTEC®

cetirizine hydrochloride

(Zur'-tek) (se-teer-i-zeen) (hī-drō-klōr-īd)

This summary contains important information about ZYRTEC. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking ZYRTEC. Each time you fill your prescription, be sure to read the summary that comes with it. It could contain new information. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about ZYRTEC.

▸ What Is ZYRTEC?

ZYRTEC is a prescription medicine for certain types of allergies in adults and children age 2 years and older. It is an antihistamine and is available as a tablet or syrup.

When you have allergies, your body releases a natural chemical called histamine that causes the sneezing, runny nose, hives, and other symptoms of allergies. ZYRTEC helps block histamine from causing these symptoms. ZYRTEC treats:

Seasonal allergies ("outdoor allergies")

During certain times of the year, there may be high levels of pollens in the air from ragweed, grass and trees. A person allergic to any of these may develop sneezing; itchy, runny nose; and red, itchy watery eyes.

Perennial allergies ("indoor allergies")

All year long, things such as dust mites, animal dander, and molds are in the air. A person allergic to any of these may have symptoms every day such as sneezing; itchy, runny nose; postnasal drip (dripping from the nose down the back of the throat); and red, itchy eyes and tearing.

Continuing (chronic) hives

Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. ZYRTEC helps relieve the itching of these hives and shortens the length of time they last.

▸ What Should I Tell My Doctor Before Taking ZYRTEC?

Only your doctor can decide if ZYRTEC is right for you. Before you start ZYRTEC, be sure to tell your doctor if you:

- are taking any prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

▸ Who Should Not Take ZYRTEC?

People who have ever had an allergic reaction to cetirizine or any of the ingredients in ZYRTEC, or to the medicine hydroxyzine (also called Atarax®*) should not take ZYRTEC. Your doctor or pharmacist can give you a list of these ingredients.

▸ ZYRTEC And Other Medicines

Some medicines can affect how well ZYRTEC works. While on ZYRTEC, check with your doctor or pharmacist before starting any new prescription or any medicines you can buy without a prescription, including natural/herbal remedies.

▸ How Do I Take ZYRTEC?

ZYRTEC comes as tablets (5 mg or 10 mg) as well as a syrup (5 mg/teaspoon). ZYRTEC can be taken with or without food at any time of the day. Your doctor will prescribe the dose that is right for you.

ZYRTEC Tablets

Adults and Children 12 Years and Older: Take ZYRTEC once a day.

ZYRTEC Syrup

Use a medicine spoon to measure the exact dose of ZYRTEC syrup prescribed by your doctor.

Children 6 to 11 Years: Give ZYRTEC syrup once a day.

Children 2 to 5 Years: Depending on your child's condition, the doctor may want you to give the child the full dose once a day or half the dose twice a day. Follow your doctor's instructions.

▸ What Are The Possible Side Effects?

Like all medicines, ZYRTEC may cause some side effects. These effects are usually mild to moderate. The most common side effects in adults and children 12 years and older are:

- feeling tired or sleepy
- dizziness
- dry mouth
- sore throat

Children under the age of 12 years may have side effects such as headache, sleepiness, sore throat or stomachache.

ZYRTEC may cause other less common side effects besides those listed here. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

CAUTION: Some people may feel sleepy when taking ZYRTEC. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking ZYRTEC.

▸ What To Do For An Overdose?

In case of accidental overdose, call your doctor or poison control center right away or go to the nearest emergency room.

▸ How Should I Store ZYRTEC?

Store ZYRTEC tablets in a dry place and in the original container. Store at room temperature (59°-86°F or 15°-30°C). ZYRTEC syrup can be kept in the refrigerator or at room temperature (41°-86°F or 5°-30°C). Keep ZYRTEC and all medicines out of the reach of children.

▸ For More Information About ZYRTEC

This sheet is only a summary. If you have any questions or want more information about ZYRTEC, talk with your doctor, healthcare provider or pharmacist. You can also visit the ZYRTEC Internet site at **www.zyrtec.com** or call 1-888-244-7354.

▸ General Advice About Prescription Medicines

Do not use ZYRTEC for a condition for which it was not prescribed. Only a doctor can prescribe ZYRTEC. Do not share your ZYRTEC with other people.

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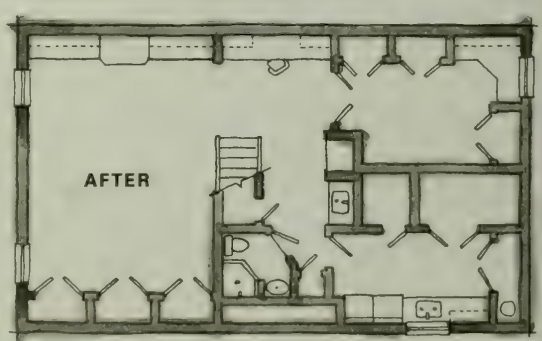
Home Improvement Contest

continued from page 72

The remodeled basement is anything *but* an old cellar—landing the Wynns first place in the Interiors category. Efficient space planning was key to the design, and the Wynns planned most closets and cabinets along outside walls to keep the floor plan as open as possible. But a support column interrupted the layout. Undeterred, the couple walled it in and blended it with the kitchenette by placing the refrigerator and wet bar to either side.

Cabinets at the kitchenette, the desk, and the entertainment center match those elsewhere in the house. Instead of ordering more costly custom cabinets, Mary and Ed used accent moldings to dress up stock units.

A similar sensibility applies to how the Wynns handled the room's light quality. To help the sun reach down into the room, they excavated light wells to allow for larger





windows, planned an open-balustrade staircase to the home's bright main level, and chose pale, reflective colors for most of the basement's surfaces. Recessed-can fixtures provide illumination without taking up valuable overhead space.

The best testament to the room's warmth comes from the children, who embrace it as an activity hub. "I would say the kids spend nearly half the day down there," Mary says. "But it's great for us too."



A stairway steps down to the center of the basement near the kitchenette (*top right*) and children's' desk (*lower left*). Tucked into a corner of the basement is a bright laundry room (*above*). Shelves hold baskets for sorting clean clothes.

The multiuse basement's family room (see plan, *left*) opens to the kitchenette and kids' computer desk areas. A home office, laundry, and bath occupy the remaining space.

Buying information, page 284



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our 2002 home improvement contest

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Pick your project

Two Categories—11 Divisions

Category I—Remodeling

Prizes for structural home improvements in each of the following eight divisions: ■ Exterior Fix-Ups ■ Outdoor Improvements ■ Kitchen Shape-Ups ■ Bathroom Remodelings ■ Interiors ■ Additions ■ Whole-House Remodelings ■ Restorations

Category II—Decorating

Solely cosmetic changes to your home's interior in each of the following three divisions: ■ Public Rooms: living room, family room, kitchen, dining room, porch, and sunroom ■ Whole-House Redecorating ■ Private Rooms: bedrooms, bathrooms, and home offices

continued on page 78

Home Improvement Contest Announcement continued from page 77

2002 Awards

Best of Contest: $10,000 cash plus an 8-day/7-night vacation for four* at Horizons by Marriott Vacation Club in Orlando, Florida. Horizons offers an action-packed and fun-filled vacation experience for the whole family.

*Airfare and meals not included.

Two Runners-Up: $5,000 cash

Category Prizes

1. Remodeling: Prizes given in each of the eight divisions for: ▪ Class A—large projects: $1,500 ▪ Class B—medium projects: $750 ▪ Class C—small projects: $300. Three merit winners in classes A, B, and C of each division win $100.

2. Decorating: Three awards in each of the three divisions: ▪ First Place: $1,500 ▪ Second Place: $750 ▪ Third Place: $300.

How to Enter

1. Right Now: To receive an official entry packet, call 1-866-509-1690, Monday–Friday 8 a.m.–7 p.m. CST, or mail the form (or a photocopy) on *page 79*, postmarked by November 1, 2002, or download online for free at www.bhg.com/hic2002. Get a head start by saving floor plans, before and after photos, and receipts that could help make your project a winner.

2. When Your Project Is Finished: Send us the final entry form. All final entries must be postmarked by February 3, 2003.

Entry Judging

Entries will be judged on appearance, function, and cost-effective use of materials. Any home improvement/decorating project completed in 2002 is eligible, no matter how big or small. It's also eligible whether all the work was completed by yourself or by professional contractors. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited. See *page 260* for complete rules.

Winners

Better Homes and Gardens® magazine will select winners on or about June 2, 2003. Winners will be notified by mail. A selection of the top winners will be featured in upcoming issues.

You may qualify to win $1,000 from each of these cosponsors when you use their products and services: ▪ Ace Hardware ▪ Andersen Windows® ▪ DuPont Stainmaster® ▪ GE Profile Appliances ▪ Heat-N-Glo ▪ KraftMaid Cabinetry ▪ Lennox Industries ▪ Marvin Windows and Doors ▪ Minwax®

See *page 260* for more Home Improvement Contest details, or visit our Web site at www.bhg.com/hic2002



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Better Homes and Gardens® 2002 Home Improvement Contest

Home Improvement Survival Kit and Entry Packet Order Information

Order online: Download an entry form and rules brochure, at no cost, at www.bhg.com/hic2002.

Order by phone: Call 1-866-509-1690, Monday–Friday 8 a.m.–7 p.m. CST and use your MasterCard or Visa.

Order by mail:

❑ Please send only the official entry packet. Enclosed is a check or money order for $3.00 for shipping and handling.

❑ Please send the Home Improvement Survival Kit and an official entry packet. Enclosed is a check or money order for $23.49 ($19.99, plus $3.50 shipping and handling for both the Kit and entry packet).

Send this form to: *Better Homes and Gardens*®, Home Improvement Contest, P.O. Box 36197, Des Moines, IA 50315-0310. Must be postmarked no later than November 1, 2002.

Please print:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Allow six to eight weeks for delivery. If ordering only the entry packet, the S&H charge is waived for residents of AZ, MD, CO, CT, and VT. Please do not send photos or project plans with this order form. Send only one order form per family. See *page 260* for complete rules.

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Special Offer:

The Home Improvement Survival Kit is just $19.99 plus shipping and handling. Order information can be found on this page.

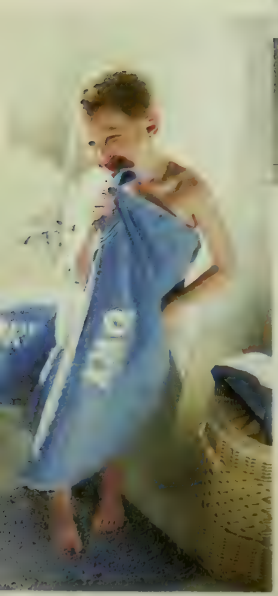


Please note: Do not send the Kit with any final entry submissions. Purchase of the Kit does not influence decision of Contest judges.

by
Heidi Kluzak

WET bathing beauties

Hang dull shower curtains out to dry and replace them with draperies that send a custom-made message about personal style.



The Wet Look Let your bathroom speak for itself by putting words on the shower curtain folds. The local banner or sign store offers one-stop shopping. Ask the shop's experts to make a curtain for you and print a word or saying on it. Choose exterior banner material, which is made to be water and mildew resistant. You can also create this look yourself with a plain cotton curtain from the home store. Iron on letters purchased from a crafts store, or take the curtain to a T-shirt printing store to have letters professionally adhered. Just be sure to hang a plastic liner behind the curtain before use. Take matching towels to a monogramming shop to have your word choice embroidered onto the terry cloth.

continued on page 82


NEW from Curél
Twice the moisture.
Half the shaving.*
Perfect for dry, stubbly legs.
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BEFORE
Dry, stubbly legs.
AFTER
Smoother skin. Softer, finer, less noticeable hair.*

bathing beauties

continued from page 80



A Piece of Work A little of this and a little of that create a striped curtain that provides privacy with pizzazz. Piece three inexpensive vinyl curtain liners together using a sewing machine. (Pin the seams and sew the pieces just as you would fabric.) Strategically place solid colors and clear pieces for optimum privacy. Then sew ribbon, such as this ½-inch blue gingham ribbon, to hide the seams. Don't worry about water leaking through the seams; the holes are too small.

This is a useful method for making a shower curtain longer than the standard 70 to 72 inches—good news for tall bathers.



Turn the Tables This shower curtain was a couple of tablecloths in a former life. To make a curtain like it, buy two coordinating 72-inch tablecloths. Cut the tablecloths into strips, and piece them together to form alternating stripes. When you're finished, sew buttonholes in the top for the standard 12 shower rings.

Thoughtfully chosen rings will add a personalized finishing touch to any of these shower curtain ideas. Pick rings that match the decorative theme of the curtain (these verdigris hooks, *left*, are as elegant as the floral tablecloths). Or, choose something that will be versatile and durable. For instance, lengths of ball chain from the hardware store can be used to make curtain rings that glide easily along the rod.

Buying information, page 284

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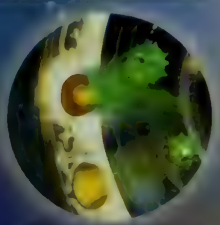
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CLARINEX®
(desloratadine)
TABLETS

Brief Summary (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: Allergic Rhinitis: CLARINEX Tablets 5 mg are indicated for the relief of the nasal and non-nasal symptoms of allergic rhinitis (seasonal and perennial) in patients 12 years of age and older.

Chronic Idiopathic Urticaria: CLARINEX Tablets are indicated for the symptomatic relief of pruritus, reduction in the number of hives, and size of hives, in patients with chronic idiopathic urticaria 12 years of age and older.

CONTRAINDICATIONS: CLARINEX Tablets 5 mg are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients, or to loratadine.

PRECAUTIONS: Carcinogenesis, Mutagenesis, Impairment of Fertility: The carcinogenic potential of desloratadine was assessed using loratadine studies. In an 18-month study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg/day in mice (estimated desloratadine and desloratadine metabolite exposures were approximately 3 times the AUC in humans at the recommended daily oral dose) and 25 mg/kg/day in rats (estimated desloratadine and desloratadine metabolite exposures were approximately 30 times the AUC in humans at the recommended daily oral dose). Male mice given 40 mg/kg/day loratadine had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg/day and in males and females given 25 mg/kg/day. The estimated desloratadine and desloratadine metabolite exposures of rats given 10 mg/kg of loratadine were approximately 7 times the AUC in humans at the recommended daily oral dose. The clinical significance of these findings during long-term use of desloratadine is not known.

In genotoxicity studies with desloratadine, there was no evidence of genotoxic potential in a reverse mutation assay (*Salmonella/E. coli* mammalian microsome bacterial mutagenicity assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenicity assay and mouse bone marrow micronucleus assay).

There was no effect on female fertility in rats at desloratadine doses up to 24 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 130 times the AUC in humans at the recommended daily oral dose). A male specific decrease in fertility, demonstrated by reduced female conception rates, decreased sperm numbers and motility, and histopathologic testicular changes, occurred at an oral desloratadine dose of 12 mg/kg in rats (estimated desloratadine exposures were approximately 45 times the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on fertility in rats at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 8 times the AUC in humans at the recommended daily oral dose).

Pregnancy Category C: Desloratadine was not teratogenic in rats at doses up to 48 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 210 times the AUC in humans at the recommended daily oral dose) or in rabbits at doses up to 60 mg/kg/day (estimated desloratadine exposures were approximately 230 times the AUC in humans at the recommended daily oral dose). In a separate study, an increase in preimplantation loss and a decreased number of implantations and fetuses were noted in female rats at 24 mg/kg (estimated desloratadine and desloratadine metabolite exposures were approximately 120 times the AUC in humans at the recommended daily oral dose). Reduced body weight and slow righting reflex were reported in pups at doses of 9 mg/kg/day or greater (estimated desloratadine and desloratadine metabolite exposures were approximately 50 times or greater than the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on pup development at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 7 times the AUC in humans at the recommended daily oral dose). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, desloratadine should be used during pregnancy only if clearly needed.

Nursing Mothers: Desloratadine passes into breast milk, therefore a decision should be made whether to discontinue nursing or to discontinue desloratadine, taking into account the importance of the drug to the mother.

Pediatric Use: The safety and effectiveness of CLARINEX Tablets in pediatric patients under 12 years of age have not been established.

Geriatric Use: Clinical studies of desloratadine did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy. (see **CLINICAL PHARMACOLOGY – Special Populations**).

Information for Patients: Patients should be instructed to use CLARI Tablets as directed. As there are no food effects on bioavailability, pati can be instructed that CLARINEX Tablets may be taken without regar meals. Patients should be advised not to increase the dose or dosing quency as studies have not demonstrated increased effectiveness at hi doses and somnolence may occur.

ADVERSE REACTIONS: Allergic Rhinitis: In multiple-dose placebo- trolled trials, 2,834 patients received CLARINEX Tablets at doses of 2.5 m 20 mg daily, of whom 1,655 patients received the recommended daily of 5 mg. In patients receiving 5 mg daily, the rate of adverse events was ilar between CLARINEX and placebo-treated patients. The percent of pat who withdrew prematurely due to adverse events was 2.4% in the CLAR group and 2.6% in the placebo group. There were no serious adverse ev in these trials in patients receiving desloratadine. All adverse events that reported by greater than or equal to 2% of patients who received the rec mended daily dose of CLARINEX Tablets (5.0 mg once-daily), and that more common with CLARINEX Tablet than placebo, are listed in Table 5

Table 5

Incidence of Adverse Events Reported by ≥ 2% of Allergic Rhinitis Patients in Placebo-Controlled, Multiple-Dose Clinical Trials

Adverse Experience	CLARINEX Tablets 5 mg (n=1,655)	Placebo (n=1,652
Pharyngitis	4.1%	2.0%
Dry Mouth	3.0%	1.9%
Myalgia	2.1%	1.8%
Fatigue	2.1%	1.2%
Somnolence	2.1%	1.8%
Dysmenorrhea	2.1%	1.6%

The frequency and magnitude of laboratory and electrocardiographic ab malities were similar in CLARINEX and placebo-treated patients.

There were no differences in adverse events for subgroups of patien defined by gender, age, or race.

Chronic Idiopathic Urticaria: In multiple-dose, placebo-controlled tria chronic idiopathic urticaria, 211 patients received CLARINEX Tablets and received placebo. Adverse events that were reported by greater than or to 2% of patients who received CLARINEX Tablets and that were more mon with CLARINEX than placebo were (rates for CLARINEX and pla respectively): headache (14%, 13%), nausea (5%, 2%), fatigue (5%, dizziness (4%, 3%), pharyngitis (3%, 2%), dyspepsia (3%, 1%), and my (3%, 1%).

The following spontaneous adverse events have been reported durin marketing of desloratadine: tachycardia, and rarely hypersensitivity reac (such as rash, pruritus, urticaria, edema, dyspnea, and anaphylaxis), an vated liver enzymes including bilirubin.

DRUG ABUSE AND DEPENDENCE: There is no information to indicate abuse or dependency occurs with CLARINEX Tablets.

OVERDOSAGE: Information regarding acute overdosage is limited to e ence from clinical trials conducted during the development o CLARINEX product. In a dose ranging trial, at doses of 10 mg and 20 m somnolence was reported.

Single daily doses of 45 mg were given to normal male and female v teers for 10 days. All ECGs obtained in this study were manually rea blinded fashion by a cardiologist. In CLARINEX-treated subjects, there w increase in mean heart rate of 9.2 bpm relative to placebo. The QT in was corrected for heart rate (QT_c) by both the Bazett and Fridericia met Using the QT_c (Bazett) there was a mean increase of 8.1 msec in CLARI treated subjects relative to placebo. Using QT_c (Fridericia) there was a increase of 0.4 msec in CLARINEX-treated subjects relative to placeb clinically relevant adverse events were reported.

In the event of overdose, consider standard measures to remove any sorbed drug. Symptomatic and supportive treatment is recomme Desloratadine and 3-hydroxydesloratadine are not eliminated by hemodia

Lethality occurred in rats at oral doses of 250 mg/kg or greater (estir desloratadine and desloratadine metabolite exposures were approxin 120 times the AUC in humans at the recommended daily oral dose). Th median lethal dose in mice was 353 mg/kg (estimated desloratadine sures were approximately 290 times the human daily oral dose on a n basis). No deaths occurred at oral doses up to 250 mg/kg in monkeys mated desloratadine exposures were approximately 810 times the h daily oral dose on a mg/m^2 basis).

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Virginia Israelit collects plants in her sumptuous Oregon garden. While learning about the wonders of power perennials, she discovered the joys of plant people.





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Virginia and Arnie Israelit (*right*) garden on a little more than an acre in Portland, Oregon. Says Virginia, "Arnie has been a very good sport about all of this."

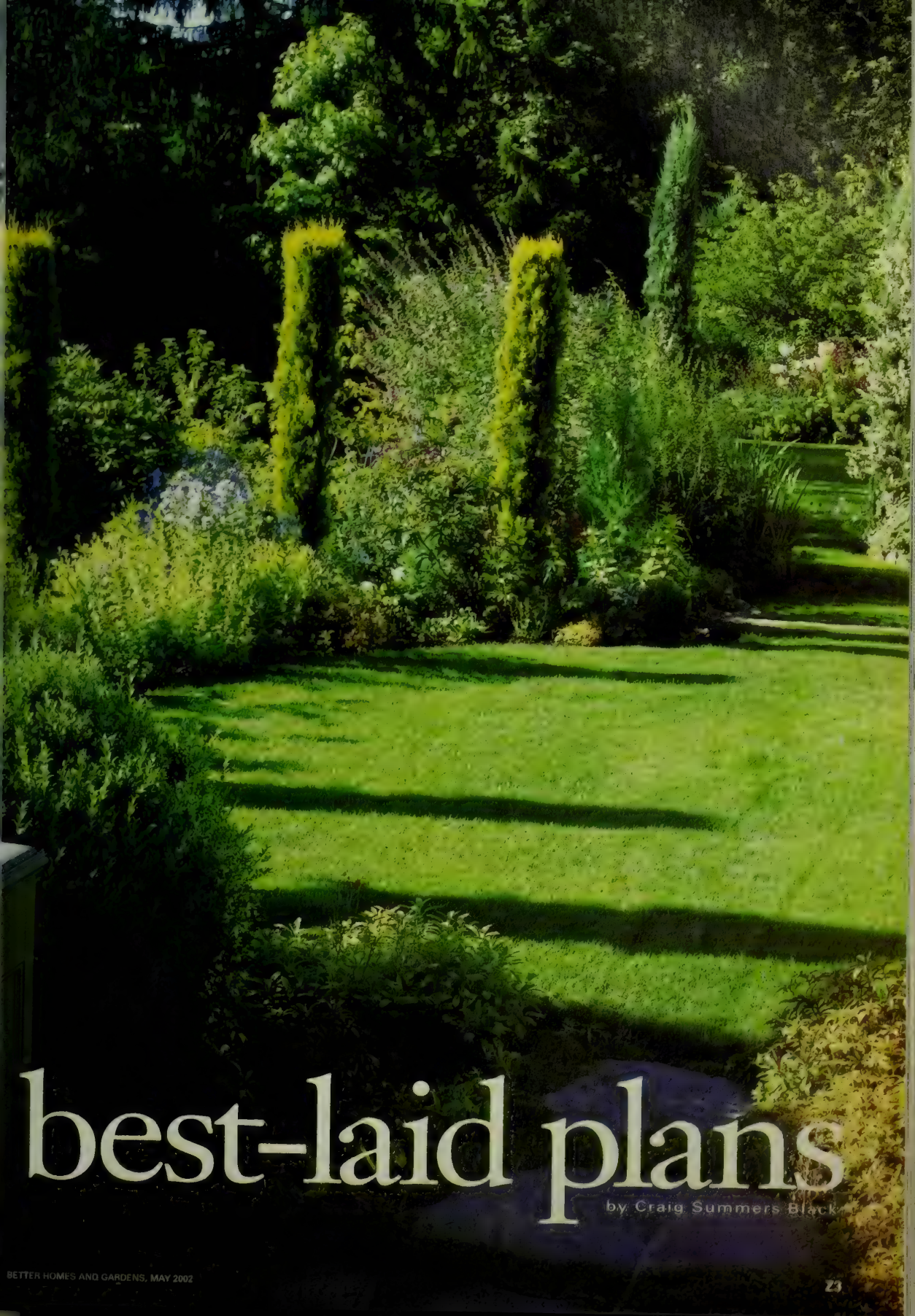
Terrace steps lead down to a grassy amphitheater (*far right*). Tall columns of cedar define the curving border, punctuated by two columnar junipers. Virginia collects plants such as these Blue Haze acaena and *Arisaema candidissimum* (*above*).

Virginia Israelit is a plant collector of the first order, but what she really seems to specialize in is not the gathering of exotic foliage but the gathering of people—people who become friends, and not just *her* friends, but friends with each other. For in this world of six degrees of separation, it seems that every seasoned gardener knows Virginia, or knows someone who does. Her passion for planting is doubly driven, she says: "The challenge of the hunt and the fun of the network."

continued on page Z4



PHOTOGRAPHS: DAVID MCDONALD, LAURIE BLACK, AND CRAIG SUMMERS BLACK



best-laid plans

by Craig Summers Black

continued from page Z3

"The stairway—this is our favorite spot. But the crab apples drop petals all over the hostas, and I threaten to cut the trees down. Then we see pictures and say, 'Oh, well, maybe we'll leave them one more year.'"



The terraced stairway is lined with *Hakonechloa macra* Aureola and *Iris pseudacorus* Variegata (*above*). Variegated foliage of an impatiens relative creeps between a walkway and Chameleon euphorbia (*right*).

Indeed, what made Virginia the plantswoman she is today, and what made her garden, is not just an incredible array of savvy plant material, but an incredible collection of people. "When I began gardening," she says, "the big turning point was the people. I had some great guides helping me, and it made it so much fun to learn." So she shops nurseries with the plant explorer from Seattle, has long chats with the famed English lecturer, consults with the Irish author, and has the New York curator over for dinner. "They opened doors for me around the world. And everywhere someone is into gardening."

continued on page Z6




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Virginia began her garden innocently enough 13 years ago with the aid of a friend, landscape designer Michael Schultz. "I wanted a garden to cut flowers," she says. "And I had heard about this word 'perennials.' So I said, 'Let's plant a few of those.' " It was only a little corner of her yard, a kind of cottage garden with a few old English roses. "I only wanted white and pink and blue. No yellow, no orange, no red. It was very boring." But she had gotten the bug. "Michael had thought that after that little area that would be the last he heard from me, that it was a whim." But from this first patch of posies, she—and Michael—marched on, bit by bit, around the property. "After that we didn't draw any plans," she says. "We'd sit out in the garden and say, 'What should we do next?' "

continued on page Z8

Virginia's garden is a mix of grand and formal—the lawn circle and grass terraces near the house—and the naturalistic landscaping on the perimeter's higher elevations.



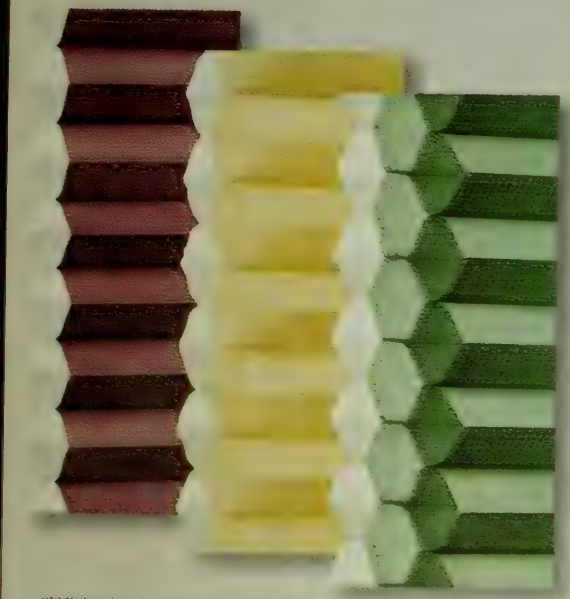
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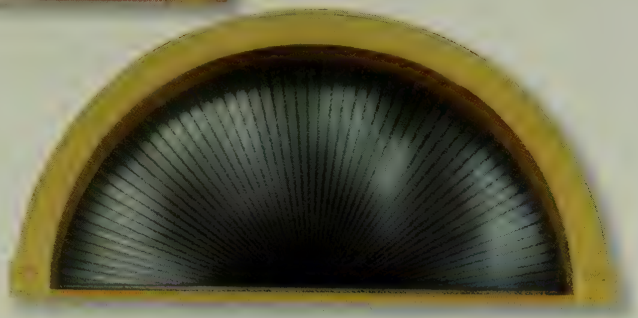




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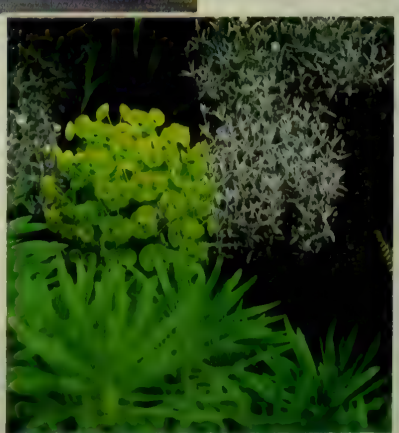
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continued from page Z6

"I'll see a garden I like and come home and tear everything out. Arnie says, 'You just get it looking good and then you start over.'"

The Israelit home is settled into the side of an old volcano, a site dotted with underground springs. The waterfall (*left*) is recirculated natural runoff. The chartreuse whorls of *Euphorbia characias wulfenii* (*below*) bob above a ground-cover sedum and trailing silver foliage.



"Initially we spent a lot of time together—dinner with friends, talking about gardening," Michael says. "But gradually she matured more and started doing things on her own. I'd help create the rooms, but she'd change the furniture and the wallpaper." Says Virginia, "He was a very good tutor. And the biggest compliment was later when Michael would sometimes just stop by, saying he just wanted to see what I'd planted lately, what combinations I'd come up with."

continued on page Z10

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Stone steps are swathed in tiers of textured foliage (*left*). Tiny-leaved boxwoods, large-leaved blue hostas, and shiny-leaved rhododendrons line the path.

Adirondack chairs on the side terrace rest in the shade of what Michael calls "the Peartheon," a circle of pear trees that form a kind of green arbor (*above*).

Michael focused on keeping areas structurally different, making defined spaces with identities all their own. And Virginia would go off on eclectic garden hunts, finding new garden mentors along the way and tracking down the latest horticultural grail. "It is definitely a plant collector's garden," Michael says. "She is an avid collector—and there is this need to shop." It got to the point that Virginia had to get an import license to bring back her many plants from various English expeditions. And then, of course, she had to enlarge her garden.

continued on page Z12

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GRAB LIFE BY THE HORNS

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ed on 2002 *Automotive News* mid-range standard classification.

continued from page Z10



By the pond, the massive leaves of a gunnera peer out from behind a variegated willow, Hakuro Nishiki (*above*). The garden is not just a collection; sometimes it is a place to dine (*right*).

"I'm looking at willows and bamboos these days," Virginia says. "And I want to find the reddest red-twig dogwood there is." Ah, yes—the thrill of the hunt. "You see something where the leaf is *so* incredible or the bark is *so* amazing...." Her voice trails off. "But then I always loved flea markets." And when she's not collecting, she's touring gardens, attending shows, and going to seminars. "I really like taking classes. Cooking, sewing, knitting, drawing, welding—I've done it. This gives me an opportunity to keep on learning. Because you can never learn it all. And I stay out of trouble when I'm gardening."



continued on page Z14



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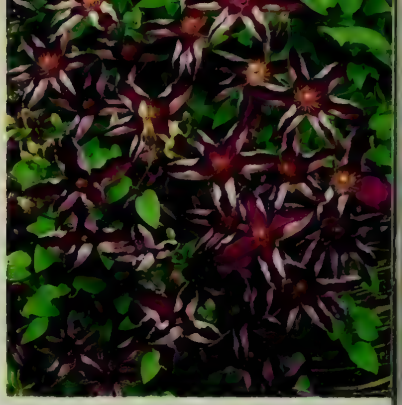
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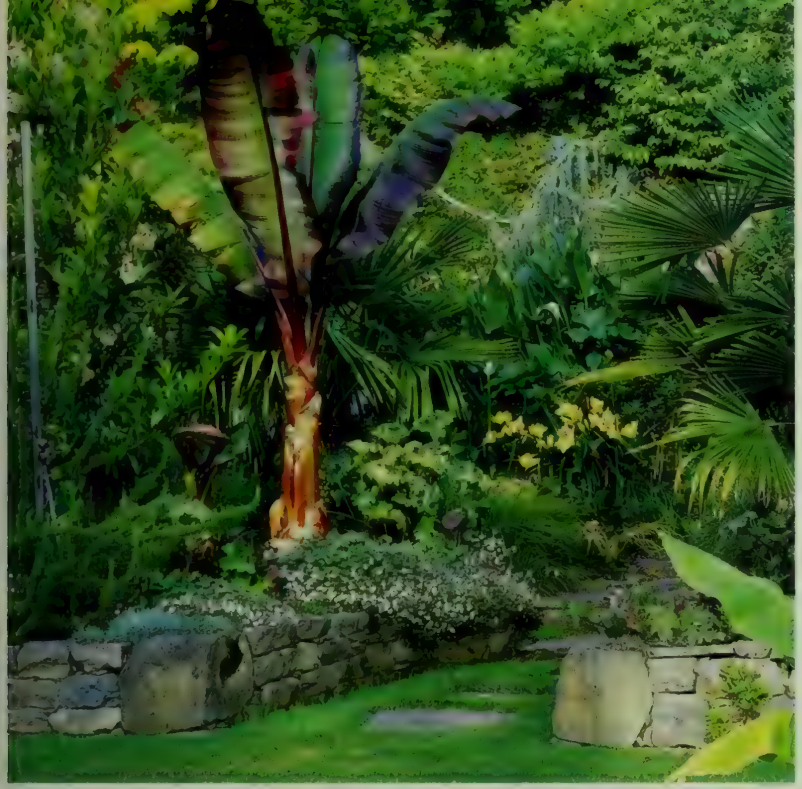


So Virginia's garden is an eclectic and exotic mix, the garden rooms transition smoothly, and the plant material is highly sophisticated. But her garden is not a set piece. It is used. People really *live* in this garden. And it is, of course, a conducive setting for a gathering of friends, or maybe a celebratory space to study a glass of Oregon pinot noir. How would Virginia describe the garden? "I don't know," she says. "I have no idea. Probably whimsical. Because I don't want it to be that serious. I don't know as much as the serious people, and I don't want to take it that seriously. I want it to be fun."

A purple-leaved *Ensete* Maurelii banana and *Trachycarpus* palms herald the entry to the garden (*right*). The exotic clematis (*above*) is Madame Grange. Prinses Irene tulips and euphorbia share bronzy tones (*left*).

continued on page Z16





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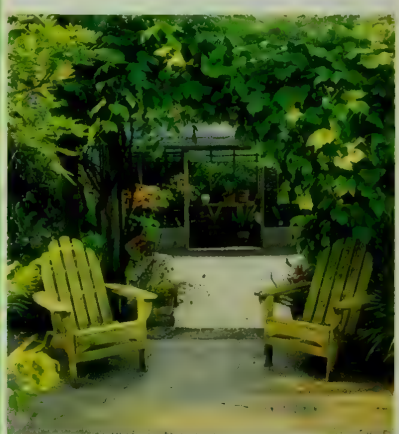
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continued from page Z14

Now Arnie, a doctor, has picked up some horticultural Latin. "Medicine was easy by comparison," he says.



Hellebores, a Snow Queen hydrangea, junipers, rhododendrons, and potted plants lead visitors to the front door (*above left*).

Another seating area by the greenhouse is sheltered by a vine arbor of grapes and potted wisteria (*above*).

"You can lose yourself out there in the garden," Virginia says. "And it's exciting, something to look forward to. I'm a person who need projects—I could never afford to redecorate the house every year, but I can move plants from one place to another and that's my project for the year.

"But really, my garden is a group of friends," she says. "A plant reminds me of who I was with when I got it, or who gave it to me, or who recommended it. On any given day, my garden makes me think of somebody." ⌂

Buying information on page Z40

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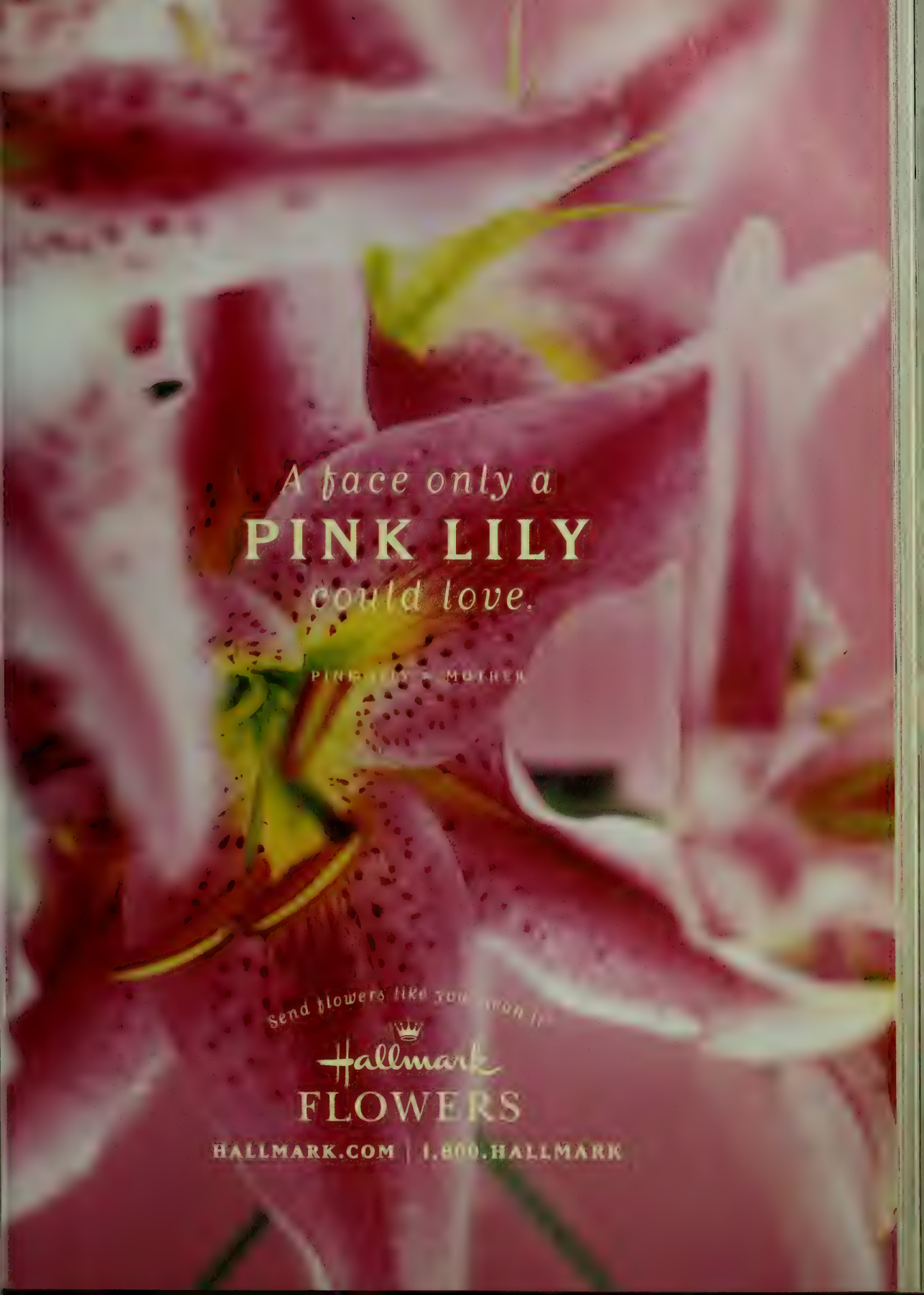
By Kristin Kennedy. Produced by Sarah Egge and Elaine Markoutsas
Photography by Jon Jensen

a touch of toile

As an interior designer, Martha Kareff shuns toile's traditional application—used as a single pattern on every surface in the room. "I always try to do the unexpected," she says of her decorating. In her Geneva, Illinois, home, she mixes various toile patterns and uses them in small amounts against neutral backdrops, such as the living room's matelassé slipcovers and café au lait walls.

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Antique split posts that frame an oil painting of a Provence scene immediately tip visitors to Martha Kareff's love of France and old-world elements.


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Toile (pronounced twall) refers to toile de Jouy, meaning the "cloth of Jouy"—the town in France where it originated in the late 1700s. The classic prints resemble pen-and-ink drawings depicting scenes of the countryside, birds, animals, and flowers. Toile's popularity among Americans has waxed and waned over the years but is currently at a peak.



Antiques are what Martha and husband Arthur (*above, left*) enjoy most about their home. An 1840s chest from Normandy (*above*) is favored for its clean lines.

Though she has a passion for toile, Martha knows how to keep this busy pattern in its place. "I would rather the focus of the room be comfortable upholstery, nice tables, and nice things to look at on the wall," she says. The living room's solid-color walls and bare floors recede, allowing smaller details to become evident: deep slipcover skirts with dressmaker corners, pillows in a yellow buffalo check, and a matelassé table skirt with a toile topper.

continued on page Z24


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continued from page Z22







Black-and-cream or black-and-white, a historic combination, is interpreted for modern times in English ironstone china from Johnson Brothers, in a corner chair from Mary Kaiser Ltd., and in fabrics—a medallion design from Waverly and a chintz by Scalamandré.

"I've been in my Euro flavor for a long time now," Martha says. In their 10-year-old home, she has lavished her signature style—primarily French Country, with some English pieces thrown in for good measure. Says Martha: "I always tell my clients, 'You can never be too rich, too thin, have too many toiles, or have too many plates hanging on the walls.' "

continued on page Z26

Antique transferware (*above*), with its sketch-like scenery, is a natural pairing with toile. These five plates depict different Napoleonic battles.



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A black-framed mirror would have been expected here, so instead Martha chose the warmth of an antique pine frame.

In the powder room, walls are covered in a favorite toile wallpaper depicting Victorian children at play. While Martha is ordinarily reluctant to put pattern on the walls, she conceded here because the print distracts from the room's glass-enclosed shower stall. Martha never tires of the wallpaper's gray-and-cream colors or the black-and-cream palette featured in her living and dining rooms. "I think those colors are very soothing," she says. "They say, 'I'm calm. I'm welcoming. I'm your harbor.' "

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Most interiors can accommodate small dashes of this graphic pattern, even if the decorating isn't French Country. A Pierre Deux cherub lamp (*far left*) sports a shade depicting the seasons, and a "Petite Toile" Thibaut wallpaper (*left*) suits the scale of small rooms.

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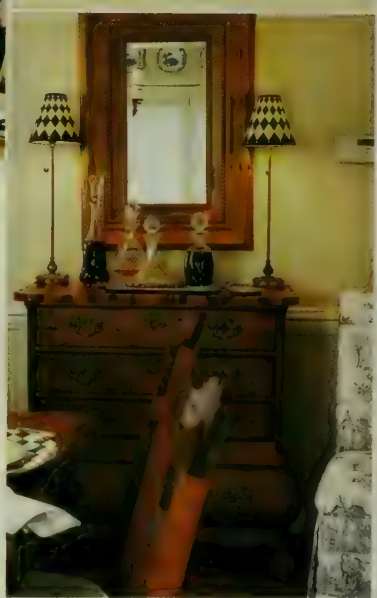
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Toile's simple yet sophisticated patterns and classic colors easily translate to fashion, appearing on ready-to-wear items such as this Isabella Fiore tote bag available from Ashford.com.



Thoughtful details, such as the chandelier's bead-edged toile shades (above, *left*) crown Martha's rooms. "Those kinds of European touches make a room sing," she says.

A Parson's chair (*above*) provides extra seating; the toile on the slip-cover matches living room pillows. Over the chest, an antique English picture frame now contains a mirror.

Martha acknowledges that most people can't afford to decorate with antiques only, and she freely adds reproductions to her mix, such as the dining room's "swell" chest (*right*). The dining table, a copy of a Pierre Deux design, is accented by antique iron conservatory chairs at the bay window. In a nod to her Mississippi upbringing, all windows are treated with clean-line plantation shutters. "You don't want the fabrics or wallpaper to drive guests crazy," she says. "I want them to be able to concentrate on the conversation and the good Cajun food I've put in front of them."

continued on page Z30



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Only the guest room deviates from this home's calm color palette. "Guests feel positively wicked sleeping in this room," says Martha. The striped wallpaper—actually a subtle cream-and-white plaid on red—provides a geometric counterpoint to the soft velvet and toile bedding. To maintain the bed's delicacy, Martha chose an old bedside table with cabriole legs. On the glass-top table (*right*) a transferware plate echoes the toile's country scenes.

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Historically, toile palettes consisted of a single color design (usually black, navy, or cranberry) against a plain, creamy background. Examples (*above*) include a lamp with toile shade from Horchow Home and a painted cachepot from Toyo. While traditional colors abound, contemporary color twists, such as lime green and raspberry, are now available.

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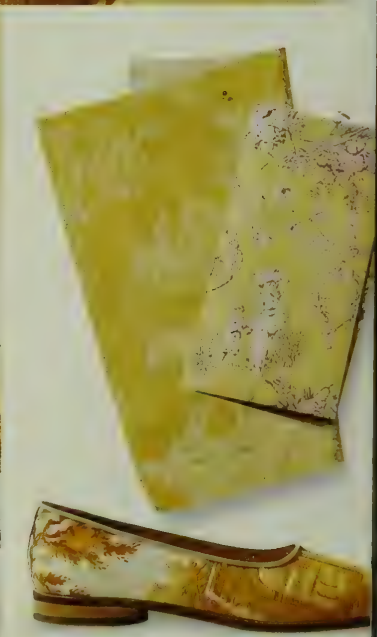
Cream-on-cream glazed walls set a serene tone in the master bedroom. The room's soft, warm colors and simple bedding keep the dark furniture from overwhelming. Martha bought the set when the Kareffs married 25 years ago. Though toile is incorporated, yellow check patterns are clearly the room's flourish. "Sometimes less is more," says Martha.

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"I like the pastoral scenes in toile," says Martha. "You always find something new and different in them." On this bed pillow (*right*) a toile panel becomes artwork when framed by a small check.





A Waverly fabric illustrating agrarian chores (*above, top*) features a reversed color combination with the creamy image against a saturated mustard background. The Thibaut wallpaper's tricolor palette is a rather modern invention, as are the fashionable toile flats by Paul Mayer (*above, bottom*), available through Nordstrom's.



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lighting your home

After the sun sets, the proper lighting will keep your home bright and inviting. For a balanced effect, be sure to include light sources from these three categories.

General lighting is the overall illumination that fills a room. Windows are the greatest source of basic light during the day; electric fixtures fill the void at night.

Chandeliers often star as a room's main light source. Pendants, track, and recessed lights also can be built in, turning on with a flick of a switch. Lamps benefit rooms in a general way, too: *Standard floor lamps* direct light down. Place them beside or behind main pieces of furniture. *Torchères* direct light up; they're a good choice for rooms with cathedral ceilings. *Large table lamps* with three-way switches provide general lighting, as well as task lighting when placed near chairs.

Task lights illuminate activities such as reading, game playing, cooking, and office work. They may be used to light a long, dark hall or stairway. Choose smaller, easily moved lamps for reading and office work. Self-adhesive strip lights are a good choice for under-cabinet lighting. Use strip lights with bulbs over bathroom mirrors. Direct recessed lights into dark corners, and hang pendant lamps over game tables.

Accent lights focus on elements of interest, such as a prized painting. They help establish focal points in your rooms. Spotlights set into tracks are easy to direct at a special object. Accent a fireplace mantel, entry, or mirror with wall sconces. Add a picture light with pinch-on clamps to the frame of a painting. Put a can light under a plant to create dramatic shadows.

DINING LIGHT

Rooms that serve multiple functions deserve special lighting consideration. For example, the dining room is more all-purpose than its name suggests—being used for bill-paying and homework, as much as eating.

The dining room should be outfitted with diffused lighting: an overhead fixture or chandelier with broad illumination. This makes it possible for more than one person to work on "paper tasks," such as writing Christmas cards or other correspondence. Be sure to install a dimmer switch on the overhead fixture to take the room from study time to dinnertime ambience.

Build from there with accent lighting to illuminate an area of special focus. Small, recessed 50-watt halogen bulbs placed around the perimeter of a dining table will add sparkle to tableware, for example. After that, provide light from wall sconces, or direct light down draperies to provide ambient "filler" lighting.

For those who don't want to invest in a total lighting scheme or an expensive chandelier, choose a single domed pendant light to use over the table. Pendants typically come one of two ways: The lighting can be directed downward, directly onto the table, or upward, which provides indirect light. Make sure the fixture has a minimum of 150 watts and a dimmer. As a general rule, don't exceed the suggested wattage on any light fixture.

To ease reading, use a fixture where the bottom of the shade falls slightly below eye level—about 40-42 inches from the floor.

continued on page Z36



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continued from page Z34

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Pretty without a cover because of its rose shape, this pink vanity bulb diffuses and warms light. The result? A softer look that's flattering to skin tones.



This halogen bulb is the official light bulb of the Times Square New Year's Eve ball. The halogen gas emits a bright white light for sparkle.



Go back to 1911 with this reproduction tungsten bulb ideal for adding past-era charm to fixtures in old houses.

continued on page Z38



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continued from page Z37

. . . and beautiful bulbs

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Paper or fabric lampshades (*above*) placed atop electric candle fixtures let you dim the look of the light. Paint your own pattern on for an individual touch.

Harken to the Victorian era with dainty lampshades made from wired glass beads (*opposite, left*). Just slip the shade directly over the lightbulb.

Originally meant to keep a candle from blowing out, a glass hurricane globe (*opposite, right*) recalls the past while adding room-brightening shine.

Add romance and drama with a flicker-flame bulb (*right*). Leave it bare—the inside wavers and glows invitingly, like a real candle.





The gold finish on this bulb (*left*) emits warm illumination and is gentle enough to view uncovered. Thin, translucent thread wrapped around the glass creates the satin finish.

Buying information, page Z40

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buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Best-Laid Plans

Pages Z2-Z16: Blue Haze acaena—Joy Creek Nursery, 20300 NW. Watson Rd., Scappoose, OR 97056; 503/543-7474; catalog $2. **Arisaema candidissimum**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. Collector's Nursery, 16804 NE. 102nd Ave., Battle Ground, WA 98346; 360/574-3832; catalog $2. **Hakonechloa macra Aureola**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. **Iris pseudacoris Variegata**—Louisiana Nursery, Route 7, Box 43, Opelousas, LA 70570; 318/948-3696; catalog $6. Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; no phone orders; catalog $3. **Euphorbia dulcis Chameleon**—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Euphorbia characias wulfenii**—Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9691; 541/746-3922; catalog $2. Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401-1794; 541/686-8266; catalog $3. **Gunnera**—Heronswood Nursery (address above). **Hakuro Nishiki willow**—Wayside Gardens, 1 Garden Lane, Hodges, SC 29695; 800/845-1124; free catalog. **Madame Grange clematis**—Completely Clematis, 217 Argilla Rd., Ipswich, MA 01938; 978/356-3197; catalog $3. **Ensete Maurelii, Trachycarpus fortuneii**—Louisiana Nursery (address above).

A Touch of Toile

Page Z20: sofa and chairs—Henredon Furniture Inds., P.O. Box 70, Morganton, NC 28680-0070; 800/444-3682; www.henredon.com. **Slipcovers,** fabric matelassé, "Anna"—Les Tissus Colbert, 207 W. State St., Geneva, IL 60134; 630/232-9940. **Center pillow**—Truffles, 25 W. Jefferson Ave., Naperville, IL 60540; 630/983-9425. **Toile pillows**—Pierre Deux, 870 Madison Ave., New York, NY 10021; 888/743-7732; www.pierredeux.com. **Yellow silk plaid fabric**—Fabricut, Inc., 9303 E. 46th St., Tulsa, OK 74145; 800/999-8200; www.fabricut.com. **Bamboo type side table**—Les Tissus Colbert (address above). **Coffee table**—discontinued.

Page Z22: all items—antique, discontinued, or personal belonging.

Page Z24: marble table—Chapman Manufacturing Co., 481 W. Main St., Avon, MA 02322; 508/588-3200. **White fabric with black florals,** 16326-008—Scalamandre Studio; for more information please contact an interior designer. **Black-and-white plate and cup**—Johnson Brothers through Wedgwood; 800/955-1550. **Black background fabric,** 666112—Waverly; 800/423-5881; www.waverly.com. **Toile corner chair**—Mary Kaiser LTD; 800/831-7483.

Page Z26: pine mirror—Les Tissus Colbert (address above). **Wallpaper,** Petite Toile—Thibaut Wallpaper; for a dealer call 800/223-0704. **Angel lamp,** 5030001—Pierre Deux (address above).

Page Z28: table, chairs, and chest of drawers—Century Furniture Inds., P.O. Box 608, Hickory, NC 28603; 800/852-5552; www.centuryfurniture.com. **Mirror and slipper chair**—Les Tissus Colbert (address above). **Lamps**—Chapman Manufacturing Co. (address above). **Isabella Fiore handbag,** HB831-Black—Ashford; www.ashford.com.

Page Z30: lamp with black shade—Past Basket, 200 S. Third St., Geneva, IL 60134; 630/232-4191. **Duvet and toile shams,** "History"—Les Tissus Colbert (address above). **Velvet bedskirt and Euro shams**—Ralph Lauren Home, 1185 Avenue of the Americas, New York, NY 10036; 800/578-7656. **Lamp with toile shade,** 64 B—Horchow Home, P.O. Box 620048, Dallas, TX 75262-0048; 800/456-7000; www.horchow.com. **Container,** 33-6611—Toyo, P.O. Box 2987, Santa Fe Springs, CA 90670-0987; 800/669-8696. (***Top left***): **table**—Charleston Forge, 251 Industrial Park Dr., Boone, NC 28607; 800/331-7025; www.charlestonforge.com. **Chair,** fabric "History"—Les Tissus Colbert (address above).

Page Z32 (*top left*): pillow fabric—Les Tissus Colbert (address above). **Bed and nightstand,** discontinued—Baker Furniture; 800/592-2537; www.baker-furniture.com. (***Center left***): **fabric swatch,** 665702—Waverly; 800/423-5881; www.waverly.com. **Wallpaper swatch**—Thibaut Wallpaper; for a dealer call 800/223-0704. **Toile shoes,** Paul Mayer—Nordstrom's; 800/285-5800. **Wall paint with special finish**—Steve Theielk, West Wind Decorating; 847/608-8088.

architects & designers

Best-Laid Plans

Pages Z2-Z16: designer—Michael Speering Schultz Landscape Design, Michael Schultz, 7228 N. Hurst Ave., Portland, OR 97203; 503/247-3134.

A Touch of Toile

Pages Z20 - Z32: interior designer—Martha Kareff, 1630 Eagle Brook Dr., Geneva, IL 60134; 630/262-1288.

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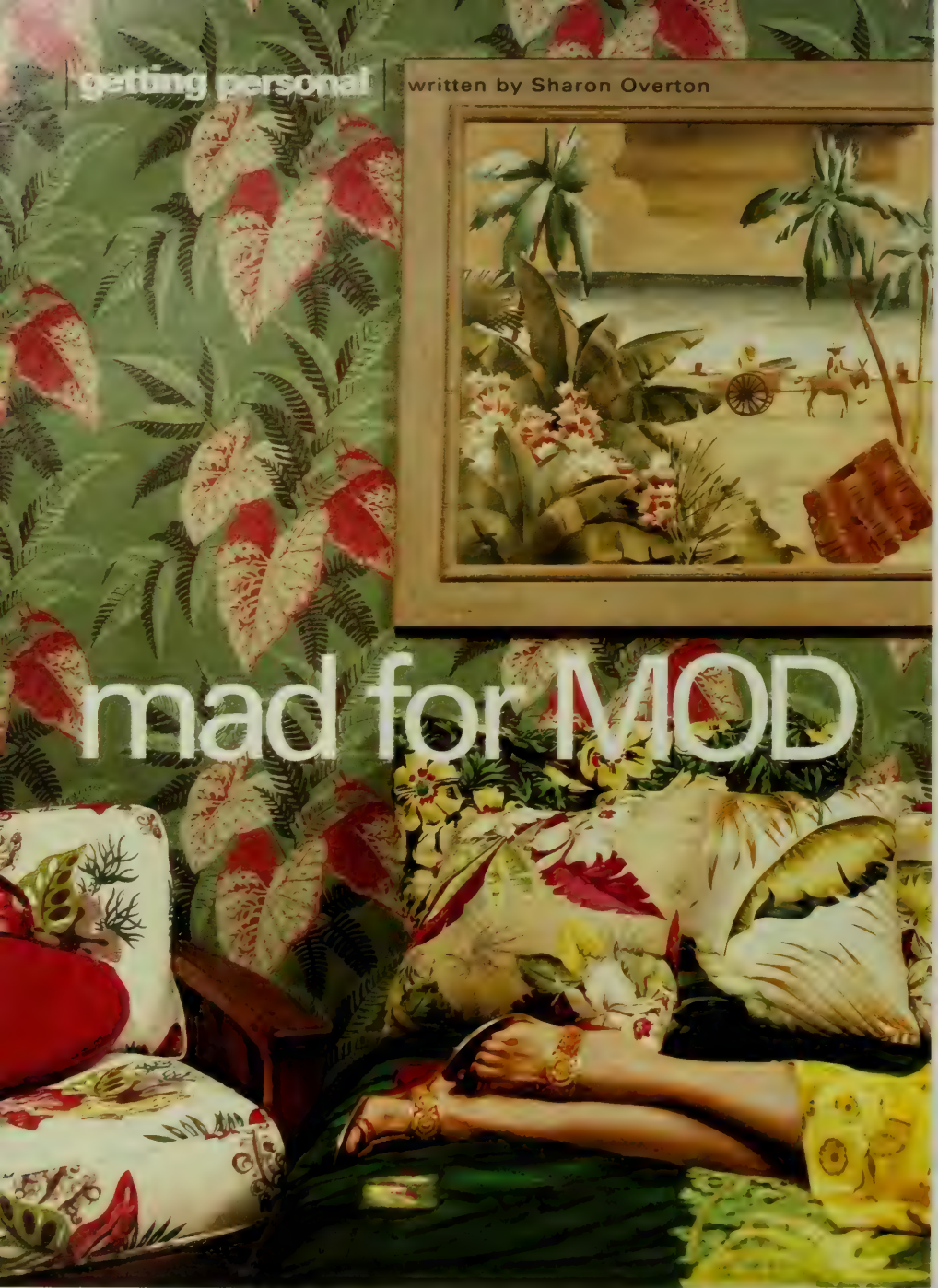
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written by Sharon Overton

mad for MOD



"It's kind of tiki torch," Lori Erenberg says of her home, which was built in 1956 for a Walt Disney Company designer. The low-slung, window-filled ranch provides a *lounge-y* backdrop for Lori's mix of streamlined furniture and Asian-influenced fabrics and wallpapers from the 1940s, '50s, and '60s. Don't live in a mid-century house? These vintage florals could add tropical punch to any porch or sunroom.

Dean Martin does Gilligan's Island. Never happened, as far as we know. Still, it's a good way to describe the offbeat style of Lori Erenberg, an L.A. showgirl-turned-decorator who channels Carmen Miranda and designer Elsie de Wolfe, and whose 1950s ranch home pairs Rat Pack cool with Polynesian kitsch.

continued on page 88



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Mad for Mod continued from page 86



To minimize the museum effect in a room, aim for unexpected mixes of periods. Just as she might wear new Jimmy Choo shoes with a 1950s Schiaparelli cocktail dress, Lori takes a gracefully aged chair or palette and "tweaks it a bit to fit what's happening now."

O A GENERATION raised on '70s sitcoms and '80s excess, mid-century modern design looks like the Next Big Thing. To Lori Erenberg, it looks like home.

"I grew up in California. My influences were Palm Springs in the '50s and '60s," she says. But while today's hipsters favor a sort of generic minimalism—Eames chairs and museum-white walls—that earlier period allowed surprising diversity. "There was silly stuff, there was more serious stuff. I like integrating all of it."

Specifically, Lori uses color, pattern, and tropical kitsch to take the hard edge off Modern. In her living room, a 1930s French deck chair upholstered in a 1960s Japanese Pop Art-style floral sidles up to a serene 1950s bamboo print wallpaper (*right*). Classics such as a Bertha Schaefer mosaic tile table (*above left*) and Bertoia "Bird" chair (*above right*) coexist with castoffs from "some old beach dive bar."

continued on page 90



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Mad for Mod continued from page 88

Lori developed her quirky sense of style early, growing up in a former hotel that her accordion-playing father had converted into an extended family home and music school. "My grandmother and all of her sisters were vaudeville dancers and devoted junkers," she says. "So I was living in this big old hotel, hunting for treasures from a very young age."

In the 1970s, she performed with The Mystic Knights of the Oingo Boingo, a sort of surreal New Wave act. But while dancing the mambo in a fruit headdress, this art history major secretly desired to emulate Elsie de Wolfe, the influential society decorator. "I love that old school of decorating," she says, in which design divas dispensed decorating dictums like doctors prescribing pills.





Lori bought the 1940s Pinecraft desk and cowboy painting (*left*) while living in a 1920s Spanish-style home. When son Ilya requested the pair for his new room, Lori eased the transition by playing the rustic furnishings against a rich 1950s Japanese wallpaper.



Lori's pottery collection ranges from a 1930s Czechoslovakian Deco lamp (*left*) to colorful 1950s Fiestaware to the chunky 1960s Italian Raymor bowl (*above*). To give standard built-in cabinets flair, she searches architectural salvage stores for unusual hardware (*right*).



continued on page 92



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The "Indonesian Princess" bust at Lori's bedside (*left*) "feels like my alter ego: exotic and extravagant." The round bed and gold-rimmed mirror (*below*) conjure images of "Vegas, James Bond, Bridget Bardot." The wallpaper? "A 1950s Chinese restaurant."

Mad for Mod continued from page 90

Now a decorator herself with a celebrity client list, Lori avoids hard-and-fast rules. Instead, she encourages clients to follow their bliss. What makes her heart beat faster?

Vintage wallpaper. Especially Japanese, Chinese, and tropical patterns from the '50s and '60s. Most people can't wait to rip it out, she says. "I put it in."

1960s Italian glass and ceramics. Lori mixes the graphic shapes freely with her collection of colorful 1950s kitchenware, including 500 pairs of salt and pepper shakers.

The 1970s. For her next house, Lori already is dreaming of dark wood paneling, mirrors, shag carpet, and a conversation pit. So Austin Powers meets Mary Tyler Moore.

"If I'm into architecture from a certain period, I love to get the whole essence of it," Lori says, explaining her retro obsession. "Maybe it's past lives. Who knows?"

continued on page 94



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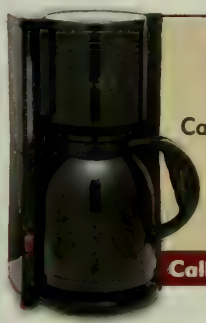
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Mad for Mod continued from page 92

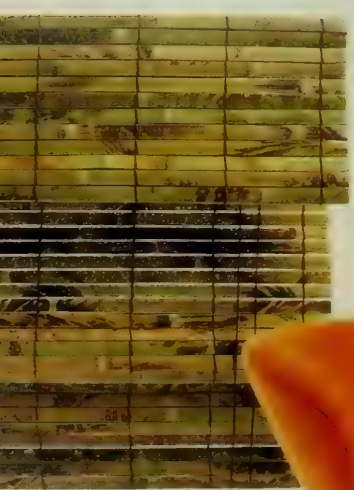
Bringing it home

Even if you're not ready to turn your home into an Eisenhower-era tiki lounge, incorporating just a few elements could give your rooms a tropical kick.

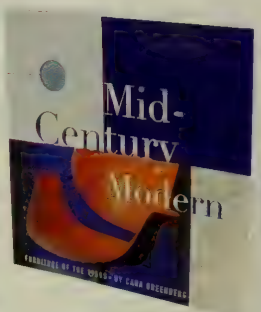
Vintage Wallpaper 101

Wallpaper is hot again. While new designs are plentiful and easy to work with, you can't beat the old for period color and pattern. Before you buy vintage papers, consider this advice from professionals:

- Most old papers are not coated in vinyl. Use old-fashioned wheat paste, not newer adhesives. And don't scrub.
- Hiring a hanger? Find one who has experience with old papers. Doing the job yourself? "Invite your grandmother over for moral support."
- Expect to pay $35 and up for a single roll, considerably more for rare designs.







To learn more about this style:

- **Since its first printing in 1984, Cara Greenberg's *Mid-Century Modern* has become a bible of sorts for disciples of Eames, Mies, and the other Modernists. It's also a good place to start if you're just getting acquainted (or re-acquainted) with the period.**
- **For a less serious take on the '40s, '50s, and '60s, check out *The Book of Tiki* by Sven A. Kirsten, which explores the wacky Polynesian style perhaps best exemplified by Trader Vic's. Be sure to have a mai-tai handy.**

Buying information, page 284



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by
James A.
Hufnagel

decked-out designs

Too often, decks are just one more square shape added to common, blocky architecture. Here's how three families broke out of the box with additions that bring refreshing new lines to their homes and outdoor living areas.

continued on page 98


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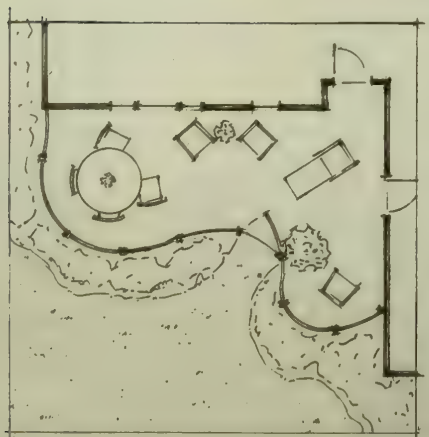
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Decked-Out Designs

continued from page 96

deck 1

Shirley and Jim Warmolts wanted a new look for the front exterior of their 25-year-old Wyoming, Michigan, ranch house. "It seemed that no matter what paint color we tried, its appearance didn't really change," Shirley recalls. "The lines were all the same—very straight." Then the couple decided to throw some curves at the problem, in the form of a serpentine front deck that echoes curves in the home's landscaping.



Builder Sid Jongsma rose to the challenge of snaking the rails around the contours of the 350-square-foot deck. He made a cardboard template for each curved section, because no two bends were the same. The template served as a map, which Jongsma followed in bending and laminating ½-inch-thick cypress strips. "After the laminations cured, I ran them through a planer and routed, shaped, and sanded until I was satisfied," Jongsma says.

The Warmolts family enjoys lots of meals at a table that fits nicely into a rounded 10×10-foot area of the deck (*top right*). Trees provide shade during much of the day.



The new deck replaces a 5×5-foot entry porch (*above*). A curved gate (*below*) opens to stairs leading to the yard. The stairs have posts at the bottom, but no handrails that would clash with the curve motif.

continued on page 100





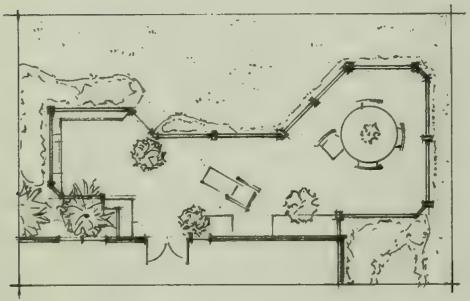
Decked-Out Designs

continued from page 99



deck 2 When Reegan Ray and Bill Polonsky decided to expand the outdoor living space at their 1,400-square-foot flat-top ranch house, they turned to deck builder Joe Wood to design and construct a free-form, all-weather deck. "I chose a Japanese style for the deck, a style appropriate to the house and one I like to specialize in," Wood says. He even incorporated a freestanding wood bench modeled after a meditation bench.

The handrail (*above*) features Japanese joinery. The bottom rail is a stretch of copper pipe, which will eventually weather to a mellow green hue.



The couple wanted to preserve as much of their backyard as possible, so the long, shallow deck hugs the house. For better access, the builder added a new set of French doors that open to a centrally located home office. Other doors out back connect to the kitchen and master bedroom. Diagonal decking features cutouts for plantings, and a low, Japanese-inspired railing defines the deck's outer edges.





This durable deck (*right*) boasts a surface of Trex, a lumberlike composite made from waste wood fiber and reclaimed plastics. Handrails and a "meditation" bench were crafted from ipe, a hardwood similar to teak.

continued on page 103



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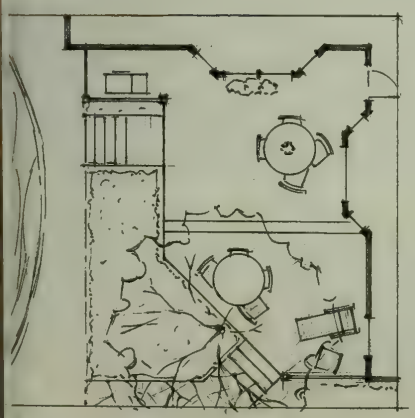
Continued from page 101



Steps in the foreground (*above*) connect the deck with lower play areas and a pool.

deck 3

The hills of the San Francisco Bay area provide great vistas, but they often lack level space for outdoor play areas and entertaining spots. That was the challenge at Deborah and Alfred Buchtas' L-shaped ranch home. Originally, the rear yard dropped off sharply, with only a skimpy porch that was not accessible from main living areas. The solution: an 18×30-foot redwood deck that puts spacious outdoor living on the level and connects both ends of the house. Guests and food can circulate freely from the kitchen's new entry and sliding doors off the living room's bay window addition.



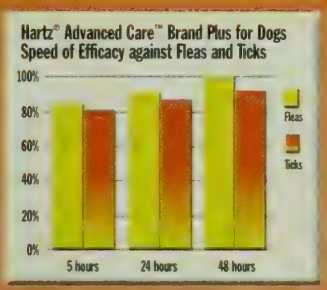
The deck was the final step in a major regrading of the yard that raised the upper level of the slope 3 feet, retained by a keystone wall. A retractable awning provides instant shade when the sun moves beyond a leafy almond tree, and a broad railing serves as auxiliary seating. ⌂

Buying information, page 284

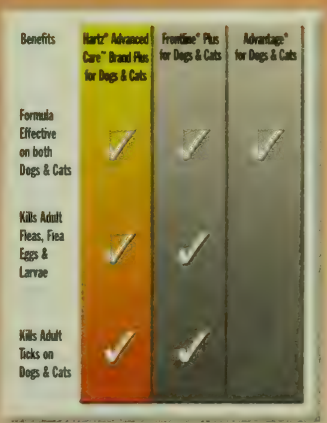
To order a deck design book, see page 167

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Hot Appliance Hybrids

The buzz at this year's International Builders Show was all about fusion—and we're not talking cuisine, but appliances. Here are two of the most innovative.

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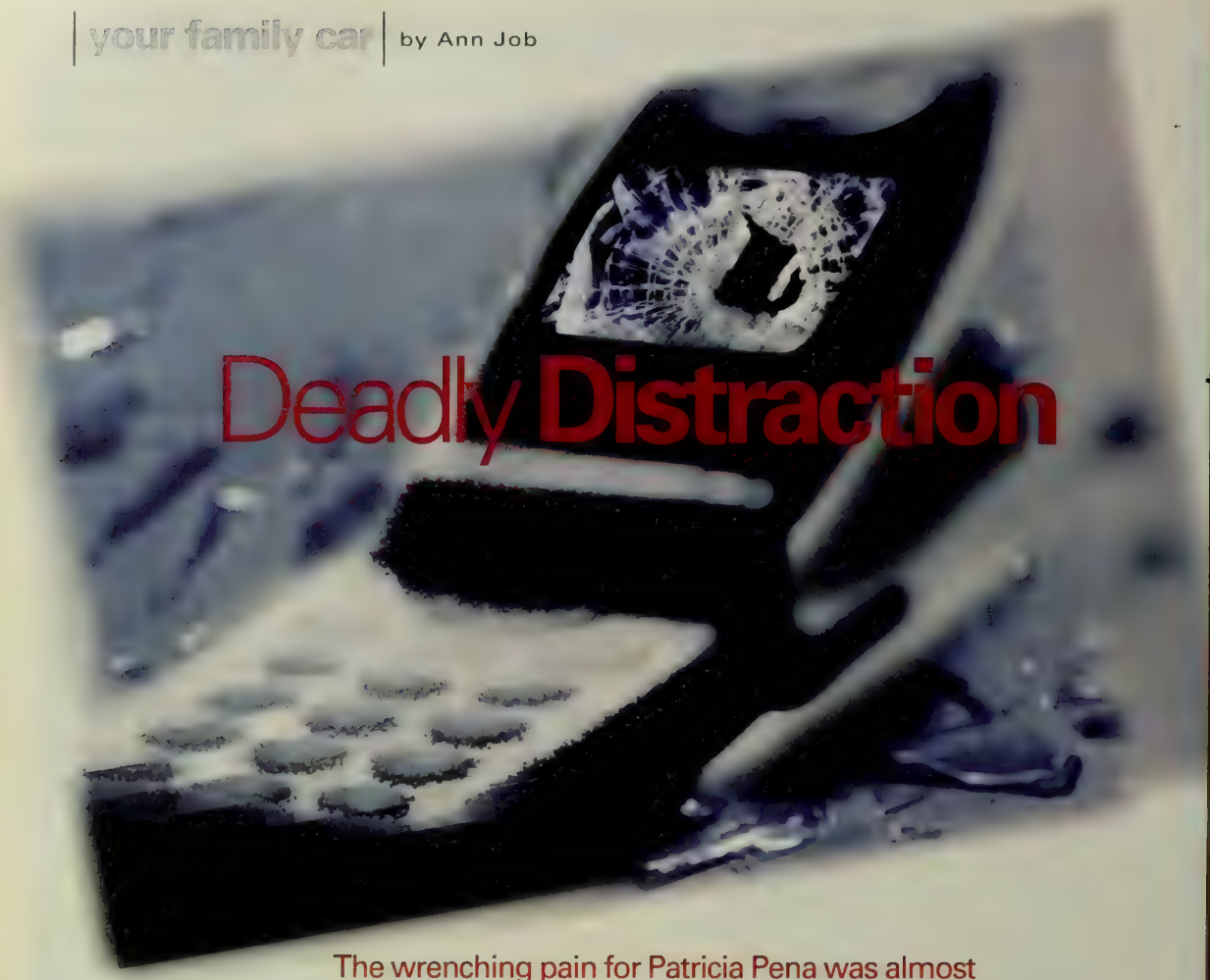
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Deadly Distraction

The wrenching pain for Patricia Pena was almost unbearable. Her firstborn child, a happy-go-lucky 2-year-old named Morgan Lee, was dead of a head injury after a driver talking on a cell phone struck their family car.

It was late 1999, and as 29-year-old Patricia searched for answers to the tragedy, she resolved that something needed to be done. Soon, she helped organize Advocates for Cell Phone Safety, a lobbying organization, as a way of honoring Morgan Lee while doing something about distracted drivers.

Wireless phones aren't the only potential interferences for drivers. A wave of new technologies is flooding our automobiles with devices that—though undeniably fun and often helpful—risk demanding too much of the driver's attention. These include dash-mounted navigation systems, onboard computers with Internet connections, DVD players, and exotic sound systems.

"All of this makes me frightened," says Patricia.

Of course, there also are plenty of old-fashioned driver distractions too. Just ask Sergeant Al Della Fave of the New Jersey State Police. "When I was on patrol, I found drivers reading novels, even having full-course meals spread out on the front seat. They had the special sauces right there too," said the officer. "It amazed me, and it went on almost every day."

continued on page 108

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a regular schedule,

but every now

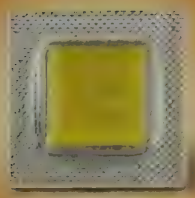
and then when

a bad craving hits,

you can take

an extra piece

to help stay in control.



EFORE GIVING IN TO THAT ONE CIGARETTE,
REMEMBER, THEY TRAVEL IN PACKS.



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s directed. Start with 1 piece every 1 to 2 hours, and follow dosing schedule. Do not exceed 24 pieces a day. ®Support program improves chances of success. Individual results may vary. SmithKline makes an annual grant to the American Cancer Society for cancer research and education for the use of their seal. For more information please visit WWW.NICORETTE.COM.

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With Love on Mother's Day!





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Your Family Car

continued from page 106



Like cell phones, in-dash navigation systems can pose a distraction to busy drivers. Destinations should always be programmed into these devices while the car is parked.

In fact, driver distractions have been around since the earliest autos. When windshield wipers were introduced, there was concern that they could have a hypnotic effect and lead to crashes. Early car radios—AM only in those days—also brought worries.

Today, however, it isn't just one device or two, but multiple electronics at a time when North American roads are packed with more vehicles than ever. The National Highway Traffic Safety Administration (NHTSA) told Congress last year that driver distraction "in all of its various forms" is a factor in 20 to 30 percent of automobile crashes in the United States each year.

"Our problem now is to understand new distractions associated with an ever-growing array of in-vehicle electronic devices, referred to as 'telematics,' rapidly being developed by the electronics and auto industries," says L. Robert Shelton, NHTSA executive director. "One developer predicts that by 2005 all new cars will have some form of onboard computer accessible to the driver."

To be sure, cell phones, navigation systems, and similar devices provide substantial benefits if used properly. In an accident, cell phones can reduce the response time of emergency crews and save lives. Onboard navigation systems can guide you directly to a destination without stress if you program the device before you begin to drive. Telematics systems guided by satellites will automatically notify emergency authorities if your air

DRIVE NOW, TALK LATER

Wireless phones can be lifesavers in car emergencies, but safety experts say you should save the social chitchat for when you're parked. Here are guidelines to minimize accidents caused by phones and other distractions.

- When behind the wheel, limit calls to emergencies.
- For nonemergency calls, pull off the road if possible. Or, call when the car is not moving or in no-traffic situations. The "pull over" advice applies at other times too. If you must attend to a fussy child, find a safe spot and park first.
- No social calls while driving. Never start a conversation—either on a cell phone or with a passenger—that might become emotional.
- Switch to a hands-free phone (required in the state of New York). If you use a headset, become thoroughly familiar with it before trying to use it behind the wheel.
- If you must make a call, keep it short and don't take notes. Don't look up phone numbers because this will draw your eyes away from the road for too long.

bags deploy during a collision.

But researchers continue to worry that humans behind a steering wheel can only handle so much. For example, a 2001 University of Utah study found that drivers using cell phones, both handheld and hands-free, missed twice as many traffic signals as they did when not using phones. Reaction time was also slower.

"Even a momentary distraction can lead to a crash," Shelton warns. "The distraction can be caused by anything that draws the driver's attention away from the road."

Judging by surveys, Americans are aware of the dangers of distractions, especially involving cell phones. And most realize, for example, that an automobile was never meant to be a rolling buffet.

But many drivers want the significant benefits of technology, and businesses want free reign to fill cars with the profitable hardware.

So lawmakers and regulators are in the slow lane when it comes to action concerning driver distraction. Since 1995, more than half of all states have considered restrictions on the use of handheld cell phones by drivers, for instance. But only one state, New York, has outlawed their use while driving. A bill banning phones while driving was a nonstarter in the U.S. Senate last year.

This leaves crusading mother Patricia Pena frustrated and angry. On her Web site she quotes Fran Bents, author of a Pennsylvania Department of Transportation report on cars and phones, who said:

"We killed 120 kids and small-statured women with air bags, and there was a huge government, industry, and societal response. We killed 150 people with Firestone tires, and the response was the same. Both air bags and tires are essential parts of the driving environment. Cell phones are not, so why do we tolerate this problem?"

To learn more about the organization Advocates for Cell Phone Safety, go to its Internet site at www.morganleepena.org.

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Good day.

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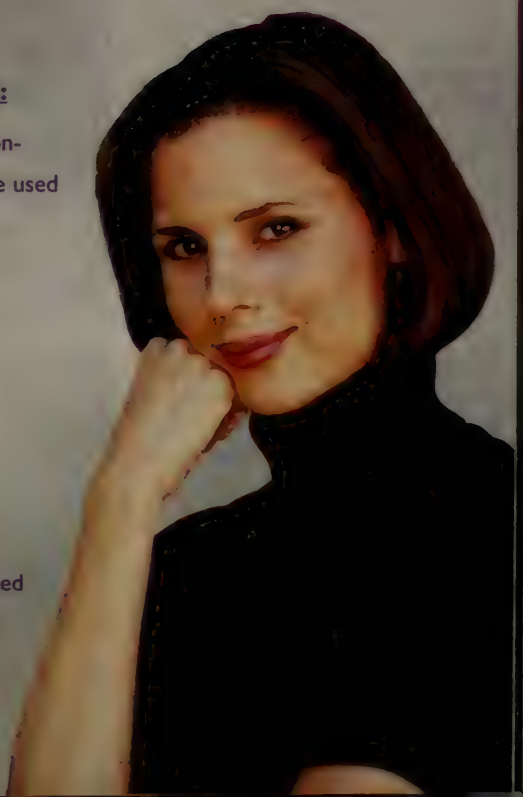
ADDERALL XR is for patients with a confirmed diagnosis of attention-deficit/hyperactivity disorder (ADHD). **ADDERALL XR** should not be used in children under 6 years of age.

ADDERALL XR should not be used in children

- Who are overly anxious or agitated
- With glaucoma, tics, or Tourette's syndrome
- Who are taking or who recently took an MAO inhibitor

Amphetamines have a high potential for abuse. Caution is advised in patients with a history of drug or alcohol dependence, mental illness, seizures, high blood pressure, or heart conditions.

The most common side effects with **ADDERALL XR** include decreased appetite, abdominal pain, loss of sleep (insomnia), and emotional lability.



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ADHD front.



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A single morning dose of **ADDERALL XR** provides effective control of ADHD symptoms throughout the day, including the important times when many children participate in sports, after-school activities, and do homework.[1-3] Just one dose in the morning, and you and your child are free from the inconvenience of multiple daily doses or the need to take medication to school.

Ask your doctor today about the benefits of once a day ADDERALL XR and whether or not now is a good time to switch to a once a day medication that can help your child make the most of his or her entire day!

You can also access ADDERALLXR.com or Call 888-774-3000 for more information.

ONE DOSE DAILY
ADDERALL XR™ CII
10 mg, 20 mg, 30 mg CAPSULES

Please see references and a brief summary of prescribing information on adjacent page.
ADDERALL® is registered in the United States Patent and Trademark Office.

©2002 Shire US Inc., Florence, Kentucky 41042

April 2002 AXJA311

Shire

References: **1.** Data on file, Shire US Inc., 2001. **2.** ADDERALL XR package insert, Shire US Inc., 2001. **3.** Biederman J. Once-daily dosed SLI 381 for pediatric ADHD. Platform presentation at: 154th Annual Meeting of the American Psychiatric Association; May 9, 2001; New Orleans, La.

ONE DOSE DAILY

ADDERALL XR® CII

10 mg, 20 mg, 30 mg CAPSULES
(Mixed Salts of a Single-Entity Amphetamine Product)
Dextroamphetamine Sulfate Dextroamphetamine Saccharate
Amphetamine Aspartate Monohydrate Amphetamine Sulfate

BRIEF SUMMARY: Consult the full prescribing information for complete product information.

ADDERALL XR™ CAPSULES **CII Rx Only**

AMPHETAMINES HAVE A HIGH POTENTIAL FOR ABUSE. ADMINISTRATION OF AMPHETAMINES FOR PROLONGED PERIODS OF TIME MAY LEAD TO DRUG DEPENDENCE. PARTICULAR ATTENTION SHOULD BE PAID TO THE POSSIBILITY OF SUBJECTS OBTAINING AMPHETAMINES FOR NON-THERAPEUTIC USE OR DISTRIBUTION TO OTHERS AND THE DRUGS SHOULD BE PRESCRIBED OR DISPENSED SPARINGLY.

INDICATIONS
ADDERALL XR™ is indicated for the treatment of Attention Deficit Hyperactivity Disorder (ADHD).
The efficacy of ADDERALL XR™ in the treatment of ADHD was established on the basis of two controlled trials of children aged 6 to 12 who met DSM-IV criteria for ADHD, along with extrapolation from the known efficacy of ADDERALL®, the immediate-release formulation of this substance.

CONTRAINDICATIONS
Advanced arteriosclerosis, symptomatic cardiovascular disease, moderate to severe hypertension, hyperthyroidism, known hypersensitivity or idiosyncrasy to the sympathomimetic amines, glaucoma. Agitated states. Patients with a history of drug abuse.
During or within 14 days following the administration of monoamine oxidase inhibitors (hypertensive crises may result).

WARNINGS
Psychosis: Clinical experience suggests that, in psychotic patients, administration of amphetamine may exacerbate symptoms of behavior disturbance and thought disorder.
Long-Term Suppression of Growth: Data are inadequate to determine whether chronic use of stimulants in children, including amphetamine, may be causally associated with suppression of growth. Therefore, growth should be monitored during treatment, and patients who are not growing or gaining weight as expected should have their treatment interrupted.

PRECAUTIONS
General: The least amount of amphetamine feasible should be prescribed or dispensed at one time in order to minimize the possibility of overdosage.
Hypertension and other Cardiovascular Conditions: Caution is to be exercised in prescribing amphetamines for patients with even mild hypertension (see CONTRAINDICATIONS). Blood pressure and pulse should be monitored at appropriate intervals in patients taking ADDERALL XR™, especially patients with hypertension.
Tics: Amphetamines have been reported to exacerbate motor and phonic tics and Tourette's syndrome. Therefore, clinical evaluation for tics and Tourette's syndrome in children and their families should precede use of stimulant medications.
Information for Patients: Amphetamines may impair the ability of the patient to engage in potentially hazardous activities such as operating machinery or vehicles; the patient should therefore be cautioned accordingly.
Drug Interactions: *Acidifying agents*—Gastrointestinal acidifying agents (guanethidine, reserpine, glutamic acid HCl, ascorbic acid, etc.) lower absorption of amphetamines.
Urinary acidifying agents—These agents (ammonium chloride, sodium acid phosphate, etc.) increase the concentration of the ionized species of the amphetamine molecule, thereby increasing urinary excretion. Both groups of agents lower blood levels and efficacy of amphetamines.
Adrenergic blockers—Adrenergic blockers are inhibited by amphetamines.
Alkalinizing agents—Gastrointestinal alkalinizing agents (sodium bicarbonate, etc.) increase absorption of amphetamines. Co-administration of ADDERALL XR™ and gastrointestinal alkalinizing agents, such as antacids, should be avoided. Urinary alkalinizing agents (acetazolamide, some thiazides) increase the concentration of the non-ionized species of the amphetamine molecule, thereby decreasing urinary excretion. Both groups of agents increase blood levels and therefore potentiate the actions of amphetamines.
Antidepressants, tricyclic—Amphetamines may enhance the activity of tricyclic antidepressants or sympathomimetic agents; d-amphetamine with desipramine or protriptyline and possibly other tricyclics cause striking and sustained increases in the concentration of d-amphetamine in the brain; cardiovascular effects can be potentiated.
MAO inhibitors—MAOI antidepressants, as well as a metabolite of furazolidone, slow amphetamine metabolism. This slowing potentiates amphetamines, increasing their effect on the release of norepinephrine and other monoamines from adrenergic nerve endings; this can cause headaches and other signs of hypertensive crisis. A variety of toxic neurological effects and malignant hyperpyrexia can occur, sometimes with fatal results.
Antihistamines—Amphetamines may counteract the sedative effect of antihistamines.
Antihypertensives—Amphetamines may antagonize the hypotensive effects of antihypertensives.
Chlorpromazine—Chlorpromazine blocks dopamine and norepinephrine receptors, thus inhibiting the central stimulant effects of amphetamines, and can be used to treat amphetamine poisoning.
Ethosuximide—Amphetamines may delay intestinal absorption of ethosuximide.
Haloperidol—Haloperidol blocks dopamine receptors, thus inhibiting the central stimulant effects of amphetamines.
Lithium carbonate—The anorectic and stimulatory effects of amphetamines may be inhibited by lithium carbonate.
Meperidine—Amphetamines potentiate the analgesic effect of meperidine.
Methenamine therapy—Urinary excretion of amphetamines is increased, and efficacy is reduced, by acidifying agents used in methenamine therapy.
Norepinephrine—Amphetamines enhance the adrenergic effect of norepinephrine.
Phenobarbital—Amphetamines may delay intestinal absorption of phenobarbital; co-administration of phenobarbital may produce a synergistic anticonvulsant action.
Phenytoin—Amphetamines may delay intestinal absorption of phenytoin; co-administration of phenytoin may produce a synergistic anticonvulsant action.
Propoxyphene—In cases of propoxyphene overdosage, amphetamine CNS stimulation is potentiated and fatal convulsions can occur.
Veratrum alkaloids—Amphetamines inhibit the hypotensive effect of veratrum alkaloids.
Drug/Laboratory Test Interactions: Amphetamines can cause a significant elevation in plasma corticosteroid levels. This increase is greatest in the evening.
Amphetamines may interfere with urinary steroid determinations.
Carcinogenesis/Mutagenesis and Impairment of Fertility: No evidence of carcinogenicity was found in studies in which d,l-amphetamine (enantiomer ratio of 1:1) was administered to mice and rats in the diet for 2 years at doses of up to 30 mg/kg/day in male mice, 19 mg/kg/day in female mice, and 5 mg/kg/day in male and female rats. These doses are approximately 2.4, 1.5, and 0.8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m^2 body surface area basis.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), was not clastogenic in the mouse bone marrow micronucleus test *in vivo* and was negative when tested in the *E. coli* component of the Ames test *in vitro*. d,l-Amphetamine (1:1 enantiomer ratio) has been reported to produce a positive response in the mouse bone marrow micronucleus test, an equivocal response in the Ames test, and negative responses in the *in vitro* sister chromatid exchange and chromosomal aberration assays.
Amphetamine, in the enantiomer ratio present in ADDERALL® (immediate-release)(d- to l- ratio of 3:1), did not adversely affect fertility or early embryonic development in the rat at doses of up to 20 mg/kg/day (approximately 5 times the maximum recommended human dose of 30 mg/day on a mg/m^2 body surface area basis).
Pregnancy: Pregnancy Category C. Amphetamine, in the enantiomer ratio present in ADDERALL® (d- to l- ratio of 3:1), had no apparent effects on embryofetal morphological development or survival when orally administered to pregnant rats and rabbits throughout the period of organogenesis at doses of up to 6 and 16 mg/kg/day, respectively. These doses are approximately 1.5 and 8 times, respectively, the maximum recommended human dose of 30 mg/day on a mg/m^2 body surface area basis. Fetal malformations and death have been reported in mice following parenteral administration of d-amphetamine doses of 50 mg/kg/day (approximately 6 times the maximum recommended human dose of 30 mg/day on a mg/m^2 basis) or greater to pregnant animals. Administration of these doses was also associated with severe maternal toxicity.
A number of studies in rodents indicate that prenatal or early postnatal exposure to amphetamine (d- or d,l-), at doses similar to those used clinically, can result in long-term neurochemical and behavioral alterations. Reported behavioral effects include learning and memory deficits, altered locomotor activity, and changes in sexual function.
There are no adequate and well-controlled studies in pregnant women. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (vater association) in a baby born to a woman who took dextroamphetamine sulfate with lovastatin during the first trimester of pregnancy. Amphetamines should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic Effects: Infants born to mothers dependent on amphetamines have an increased risk of premature delivery and low birth weight. Also, these infants may experience symptoms of withdrawal as demonstrated by dysphoria, including agitation, and significant lassitude.
Usage in Nursing Mothers: Amphetamines are excreted in human milk. Mothers taking amphetamines should be advised to refrain from nursing.
Pediatric Use: ADDERALL XR™ is indicated for use in children 6 years of age and older.
Use in Children Under Six Years of Age: Effects of ADDERALL XR™ in 3-5 year olds have not been studied. Long-term effects of amphetamines in children have not been well established. Amphetamines are not recommended for use in children under 3 years of age.
Geriatric Use: ADDERALL XR™ has not been studied in the geriatric population.

ADVERSE EVENTS
The premarketing development program for ADDERALL XR™ included exposures in a total of 685 participants in clinical trials (615 patients, 70 healthy adult subjects). These participants received ADDERALL XR™ at daily doses up to 30 mg. The 615 patients (ages 6 to 12) were evaluated in two controlled clinical studies, one open-label clinical study, and one single-dose clinical pharmacology study (N=20). Safety data on all patients are included in the discussion that follows. Adverse reactions were assessed by collecting adverse events, results of physical examinations, vital signs, weights, laboratory analyses, and ECGs.
Adverse events during exposure were obtained primarily by general inquiry and recorded by clinical investigators using terminology of their own choosing. Consequently, it is not possible to provide a meaningful estimate of the proportion of individuals experiencing adverse events without first grouping similar types of events into a smaller number of standardized event categories. In the tables and listings that follow, COSTART terminology has been used to classify reported adverse events.
The stated frequencies of adverse events represent the proportion of individuals who experienced, at least once, a treatment-emergent adverse event of the type listed.
Adverse events associated with discontinuation of treatment: In two placebo-controlled studies of up to 5 weeks duration, 2.4% (10/425) of ADDERALL XR™ treated patients discontinued due to adverse events (including 3 patients with loss of appetite, one of whom also reported insomnia) compared to 2.7% (7/259) receiving placebo. The most frequent adverse events associated with discontinuation of ADDERALL XR™ in controlled and uncontrolled, multiple-dose clinical trials (N=595) are presented below. Over half of these patients were exposed to ADDERALL XR™ for 12 months or more.

Adverse event	% of patients discontinuing (N=595)
Anorexia (loss of appetite)	2.9
Insomnia	1.5
Weight loss	1.2
Emotional lability	1.0
Depression	0.7

Adverse events occurring in a controlled trial: Adverse events reported in a 3-week clinical trial of pediatric patients treated with ADDERALL XR™ or placebo are presented in the table below.
The prescriber should be aware that these figures cannot be used to predict the incidence of adverse events in the course of usual medical practice where patient characteristics and other factors differ from those which prevailed in the clinical trials. Similarly, the cited frequencies cannot be compared with figures obtained from other clinical investigations involving different treatments, uses, and investigators. The cited figures, however, do provide the prescribing physician with some basis for estimating the relative contribution of drug and non-drug factors to the adverse event incidence rate in the population studied.

Table 1 Adverse Events Reported by More Than 1% of Patients Receiving ADDERALL XR™ with Higher Incidence Than on Placebo in a 584 Patient Clinical Study

Body System	Preferred Term	ADDERALL XR™ (N=374)	Placebo (N=210)
General	Abdominal Pain (stomachache)	14%	10%
	Accidental Injury	3%	2%
	Asthenia (fatigue)	2%	0%
	Fever	5%	2%
	Infection	4%	2%
	Viral Infection	2%	0%
Digestive System	Loss of Appetite	22%	2%
	Diarrhea	2%	1%
	Dyspepsia	2%	1%
	Nausea	5%	3%
	Vomiting	7%	4%
Nervous System	Dizziness	2%	0%
	Emotional Lability	9%	2%
	Insomnia	17%	2%
	Nervousness	6%	2%
Metabolic/Nutritional	Weight Loss	4%	0%

The following adverse reactions have been associated with amphetamine use:
Cardiovascular: Palpitations, tachycardia, elevation of blood pressure. There have been isolated reports of cardiomyopathy associated with chronic amphetamine use.
Central Nervous System: Psychotic episodes at recommended doses, overstimulation, restlessness, dizziness, insomnia, euphoria, dyskinesia, dysphoria, tremor, headache, exacerbation of motor and phonic tics and Tourette's syndrome.
Gastrointestinal: Dryness of the mouth, unpleasant taste, diarrhea, constipation, other gastrointestinal disturbances. Anorexia and weight loss may occur as undesirable effects.
Allergic: Urticaria.
Endocrine: Impotence, changes in libido.

DRUG ABUSE AND DEPENDENCE
ADDERALL XR™ is a Schedule II controlled substance.
Amphetamines have been extensively abused. Tolerance, extreme psychological dependence, and severe social disability have occurred. There are reports of patients who have increased the dosage to many times that recommended. Abrupt cessation following prolonged high dosage administration results in extreme fatigue and mental depression; changes are also noted on the sleep EEG. Manifestations of chronic intoxication with amphetamines may include severe dermatoses, marked insomnia, irritability, hyperactivity, and personality changes. The most severe manifestation of chronic intoxication is psychosis, often clinically indistinguishable from schizophrenia.

OVERDOSAGE
Individual patient response to amphetamines varies widely. Toxic symptoms may occur idiosyncratically at low doses.
Symptoms: Manifestations of acute overdosage with amphetamines include restlessness, tremor, hyperreflexia, rapid respiration, confusion, assaultiveness, hallucinations, panic states, hyperpyrexia and rhabdomyolysis. Fatigue and depression usually follow the central nervous system stimulation. Cardiovascular effects include arrhythmias, hypertension or hypotension and circulatory collapse. Gastrointestinal symptoms include nausea, vomiting, diarrhea, and abdominal cramps. Fatal poisoning is usually preceded by convulsions and coma.
Treatment: Consult with a Certified Poison Control Center for up-to-date guidance and advice. Management of acute amphetamine intoxication is largely symptomatic and includes gastric lavage, administration of activated charcoal, administration of a cathartic and sedation. Experience with hemodialysis or peritoneal dialysis is inadequate to permit recommendation in this regard. Acidification of the urine increases amphetamine excretion, but is believed to increase risk of acute renal failure if myoglobinuria is present. If acute severe hypertension complicates amphetamine overdosage, administration of intravenous phentolamine has been suggested. However, a gradual drop in blood pressure will usually result when sufficient sedation has been achieved. Chlorpromazine antagonizes the central stimulant effects of amphetamines and can be used to treat amphetamine intoxication.
The prolonged release of mixed amphetamine salts from ADDERALL XR™ should be considered when treating patients with overdose.
Dispense in a tight, light-resistant container as defined in the USP.
Store at 25° C (77° F). Excursions permitted to 15-30° C (59-86° F) [see USP Controlled Room Temperature].

Manufactured by Catalytica Pharmaceuticals Inc., Greenville, North Carolina 27835. Distributed and marketed by Shire US Inc., Florence, KY 41042.

For more information call 1-800-536-7878 or visit www.adderallxr.com

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by Caralee Adams



Smart Moves for the College Bound

High grades aren't the only ticket to college. Think about impressing the admissions office with the answer to the classic essay topic: How I spent my summer vacations.

Chris Golden followed his passion for science to Africa, where he volunteered on a wildlife research team in Madagascar one summer and in Ghana another. On the summer in between, he taught swim lessons to pay for his adventures.

"At the time, I wasn't thinking about college admissions," says the freshman from Cohasset, Massachusetts. "It was just the perfect opportunity to go do something that I love." But Chris wrote in his Harvard application essay about his two stints working on Earthwatch Institute projects, and he talked about it during his candidate interview. His volunteer experience not only helped him get into college, but also confirmed his career aspirations in science and helped him get a research job in Africa for this coming summer.

As Chris' travels show, summers wisely invested by college-bound students can increase their chances for admission to preferred schools. Volunteer to build houses, find a meaningful job, attend an intensive summer learning program, or just read extensively. Experts say it's not so much what kids do that counts but what they learn from the experience.

Beware, however: Admissions deans caution that there is no set formula for getting into college. High test scores aren't enough. College admissions are

continued on page 116

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Colleges are not looking for well-rounded kids. They want a well-rounded class made up of kids with a passion.

College Bound

continued from page 114

also based on the student's activities, personal statement, and interview. Those who pad résumés in an attempt to look "well rounded" often just look insincere, even phony, and hurt their chances.

Preview of college life

One way to stand out from the pack is to attend a college or university summer program. "A summer program can enable students to think about who they are," says Sara Schwebel, author of the *Yale Daily News Guide to Summer Programs* (2001). "It's a chance for teenagers to stretch and learn about themselves."

The process of getting into one of these programs mimics application to college. Students gain experience in writing essays, getting recommendations, and rounding up transcripts. And these programs give students a taste of what's to come.

"Students really get a comprehensive view of college life. Most students say they surprise themselves and they feel like they mature," says Abby Eller, director of Cornell University's Ithaca, New York, summer program for high school students. In the Cornell program, for instance, students live in dorms, earn college credits, and explore careers.

Across the country, Anh-Thu Nguyen, 16, of South San Francisco, California, took another school's program last summer—Stanford University's 10-day prep program for the Scholastic Aptitude Test (SAT). But for the upcoming summer, she's looking for something less intense. "I want more downtime," she says. "High school is not just what you go through to get into college." She plans to take psychology or art at a community college.

Going global

Some students may opt for a program abroad to learn about another culture or language. "It's a rewarding experience to go overseas at 15 or 16," says David Evans, vice president of Academic Study Associates of White Plains, New York.

But beware: Some admissions deans look at an overseas program on an application and interpret that as "privileged." If you earn part or all of your own way, say so.

Other students find international experiences closer to home. At Concordia Language Village in Moorhead, Minnesota, participants study one of 12 languages, use foreign currency, and eat authentic foods.

Cassie Mattox, 17, of San Antonio, Texas, says getting a full year of Spanish credit in four weeks was appealing. "It's a great way to not jump into a country, but to get a little taste of a different culture," she says.

Give a little of yourself

Community service opportunities for young people have grown tremendously in the past decade and colleges have their radar up for unusual volunteer experiences.

Follow an interest. If, for instance, a student loves basketball, volunteer as a coach for a city recreation department. Or, a budding biologist might give a hand to an environmental group. For volunteer opportunities, call the Points of Light Foundation at 800/865-8683 or visit www.1800volunteer.org.

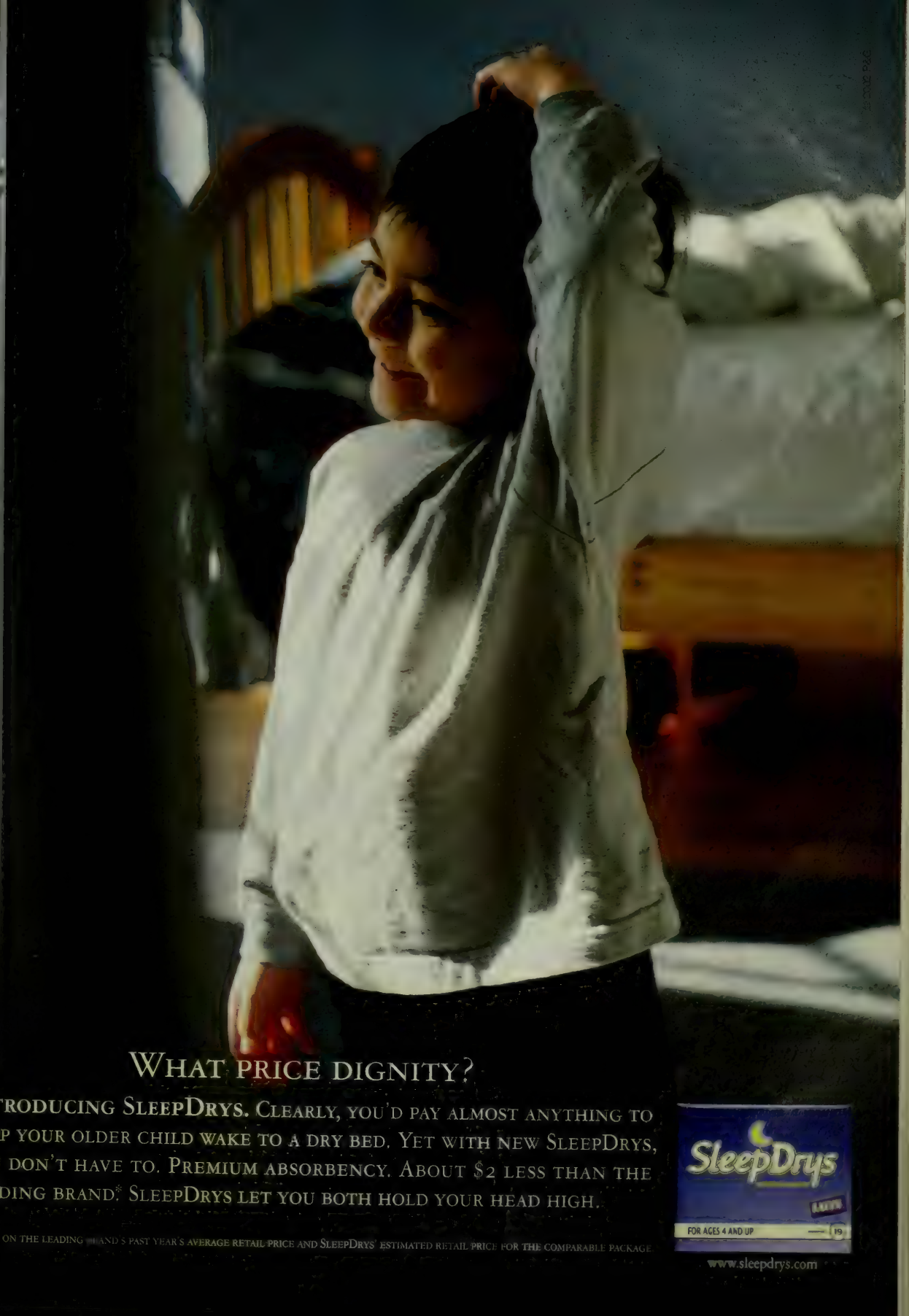
A universe of options

While there are many fee-based enrichment programs to sample, students don't have to spend a lot of money to have a productive summer. Indeed, many students need to work during the summer to earn money. This is an excellent way to demonstrate responsibility and discover life lessons that can be readily translated into a college application essay.

Want to spend the summer reading? Great idea, says Rachel Toor, author of *Admissions Confidential* (2001). "Give kids a stack of books to read. One of the first things I always asked a candidate was, 'What books have you read that really rocked your world?' " says the former Duke University admissions officer.

Whatever students decide to do, they should pursue a talent, rather than doing something just to look good on paper.

Be authentic, says Joyce Slayton Mitchell, a college advisor in New York City and author of *Winning the Heart of the College Admissions Dean* (2001). "Colleges are not looking for well-rounded kids. They want a well-rounded class made up of kids with a passion."


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Raising polite kids in an indulgent culture

We've all seen the sitcoms that portray parents as an inept and clueless breed. This includes shows like *The Simpsons*, where the smart-aleck son Bart must regularly correct his dim-witted dad, the hapless Homer. *That '70s Show* also imagines worldly-wise teens who are surrounded by parental dullards.

"Parents on television are so frequently portrayed as foolish," says Paul Kropp, author of *I'll Be the Parent, You Be the Child*. "Children in the media are not only intellectually superior to their parents, but use their quick wits to demonstrate their parents' stupidity and ineffectiveness."

Following such role models has helped shape a generation in which many mock their parents' values and embrace disrespect, Kropp believes.

A raised voice is not necessarily a sign of disrespect, but mean, attacking, and intrusive words and tone are.



But there's no perfect answer for developing respect in your family. "I know that I wasn't a perfect parent," Kropp says. "I don't think there is a hard-and-fast rule. It requires a certain amount of parental control. Sometimes it means saying 'no.' It has to do with setting limits."

William Doherty, director of the marriage and family therapy program at the University of Minnesota, says there has been a coarsening of American culture that has resulted in a lack of respect and an increasing amount of back talk to parents by kids.

Doherty, author of *Take Back Your Kids*, says the lack of respect shown by children to parents results from a combination of factors. "Parents don't want to stifle their children and they don't know where to draw the line," he says.

Dan Kindlon, a professor of psychology at Harvard University and author of *Too Much of a Good Thing*, agrees. "From a psychological point of view, kids need and want structure." It's easy to become an indulgent parent, letting examples of disrespect slide. "When I talk to parents, I ask, 'What do you believe? What do you think is right?' If you have clear values, like 'Honor thy father and mother,' then it's easier to enforce your expectations," he says.

Parents must recognize when it's time to call a penalty, signaling that a child has crossed the line and shown disrespect. "When parents hear disrespect, they should immediately label it: 'That's disrespectful. You cannot talk to me that way,' " Doherty says.

He recalls a time when his son Eric was 13. Doherty was on the phone, not

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realizing that his son also wanted to make a phone call. When Doherty hung up, Eric, in an irritated tone, asked, "Who was that?"

That question—in the manner it was asked—was disrespectful, and Doherty could have responded in a number of ways. He could have been defensive or apologetic. Instead, he made eye contact with his son and told him, "You don't get to ask me that question, and particularly not in that tone of voice." That was the end of the discussion; its finality impressed on his son.



"I did not defend myself. I did not counterattack. I did not make Eric defend his question. I did not punish him. What I did was to directly defend and assert my right to respect as a parent," Doherty says.

Taking a tough stand requires determination. But it does clarify the rules of the house.

Kids learn more from our actions than from what we merely say about our values.

Doherty sets out these guidelines for parents who want to develop respectful relationships with their children:

- **Respect your child.** Kids learn more from our actions than from what we say about our values. So never call your child names, even if in fun. Don't read their diaries unless there is a grave danger; don't use kids as gofers; let them express their own opinions, tastes. Apologize when you are wrong.
- **Expect respect.** Although parental respect is partly earned, it is mostly something that comes with the territory. You are the adult. In fact, you do know better in most cases.
- **Get on the respect wavelength.** "Too many parents fail to recognize the sound of disrespect because they get sidetracked by the content of their child's speech," says Doherty. If a mother says something to her teen son about his messy room, the son may reply, "Yeah, like your own room is not a filthy pigsty." This is disrespect. But recognize the difference between this and frustration or anger. Your daughter says, "I feel like this is a police state!" This may be anger, not contempt. A raised voice is not necessarily a sign of disrespect, but attacking, intrusive, and mean words and tone are.
- **Put a halt to disrespectful behavior.** Respond immediately. Say to your child, "That was disrespectful." Don't walk away and fume about being talked to that way.
- **Cultivate a special tone of voice.** This tone says, "You are in dangerous territory; you would be wise to back off immediately." It's the tone that says, "Don't mess with me."
- **Explain your new policy on respect.** Many kids are unaware that they are being disrespectful, if they've been allowed to get away with this behavior in the past. Encourage your children to voluntarily go along with the new changes in the rules of your relationship.
- **Use time-outs.** Doherty says a child who cannot calm down should be placed somewhere to cool off. Have a follow-up conversation later, listening to your child's feelings but insisting on respectful dissent in the future.
- **Be firm but keep your cool.** If a child is out of control, it never helps for the parent to lose emotional control. Confident parenting is almost always calm, clear, focused, and assertive.
- **Combine zero tolerance with a long-term view.** Challenge every disrespectful behavior—without exception. Still, exercise patience. "A longstanding problem will not disappear overnight," Doherty says.

Raising polite, respectful kids can be hard in today's environment. "It's hard for parents to take that authoritarian role. We still identify with being young and rebellious," Kindlon says. "But there are consequences if respect is not developed. One of the things that keeps society going is our ability to show respect to each other. It's the Golden Rule: Treat others the way you like to be treated."

GUIDELINES FOR SINGLE PARENTS

William Doherty says single parents may feel embattled by their kids' persistent demands. He offers this advice in *Take Back Your Kids:*

- Uphold your parental status. Don't argue as if you're their sibling.
- Avoid caving in after a long period of whining from your children.
- Buy time for your decisions. Say, "I'll think about it." Some cave-ins occur because of a hasty "no."
- Talk to a trusted friend or relative about parenting issues. Everyone needs someone as a sounding board for ideas and feelings.
- Even after a breakup, maintain such family rituals as meal and bedtime routines, and special outings.

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Strong hands, gentle hearts

Living in a re-creation of 1883 frontier life, three women test their inner strength against the same isolation and unrelenting workload that pioneers endured over a century ago. — Part Two of a Three-Part Series.

Text by John Riha ▪ Photographs by Judy Olausen

Adrienne Clune feels the Montana dawn as much as she sees it, a paling of the window in the gable end of their one-room log cabin. She slips out of bed, steps gingerly around the sleeping children, reaches for the ladder leading down from the loft. The wooden steps are cold against the bare soles of her feet. As she climbs she warily eyes dozens of tiny, mute silhouettes outlined against the windowpanes—flies awaiting the warmth of the day. The flies are an inescapable fact of life in cattle country, and by midday there may be hundreds of them swarming around the interior of the cabin. But for now, thankfully, they are silent and still.

In the darkness Adrienne finds her stockings and heavy work boots, and wraps her thick wool coat around her. She fills the firebox of the wood stove with kindling and small pieces of split alder, carefully stacked by her sons the day before. She lights the kindling and as the flames grow, she brushes her hair with her fingers and lingers before the open door to gather the warmth against her cheeks. A stolen moment—she can't afford many. With a sigh, she sets about making coffee. In the wilderness, morning coffee is sacrosanct, a friend, a bit of peace in a day that promises endless labor. Coffee is not trivial. She fills her blue enameled pot with water, sets it on top of the stove, measures out the beans, pulverizes them in the hand-cranked grinder, and sprinkles the grounds into the water. It will take at least an hour for the water to come to a boil. A certain cadence to the sound of the burning kindling lets her know that it's time to stoke the fire. She places several large pieces of wood into the flames, closes the door, adjusts the air vent a measured fraction.

As the fire takes off she trudges down to the creek to retrieve water—a five-gallon bucket in each hand, nearly 80 pounds. Two trips are needed to fill the giant copper kettle that sits atop the wood stove with enough hot water for a day's worth of cooking, cleaning, and washing up. She doesn't mind the lifting. She's grown strong—muscles and stamina she has never had before. As she crunches over the frosty ground she goes through her mental checklist: breakfast for her family of six will be pancakes. She is short on white flour so she'll have to use

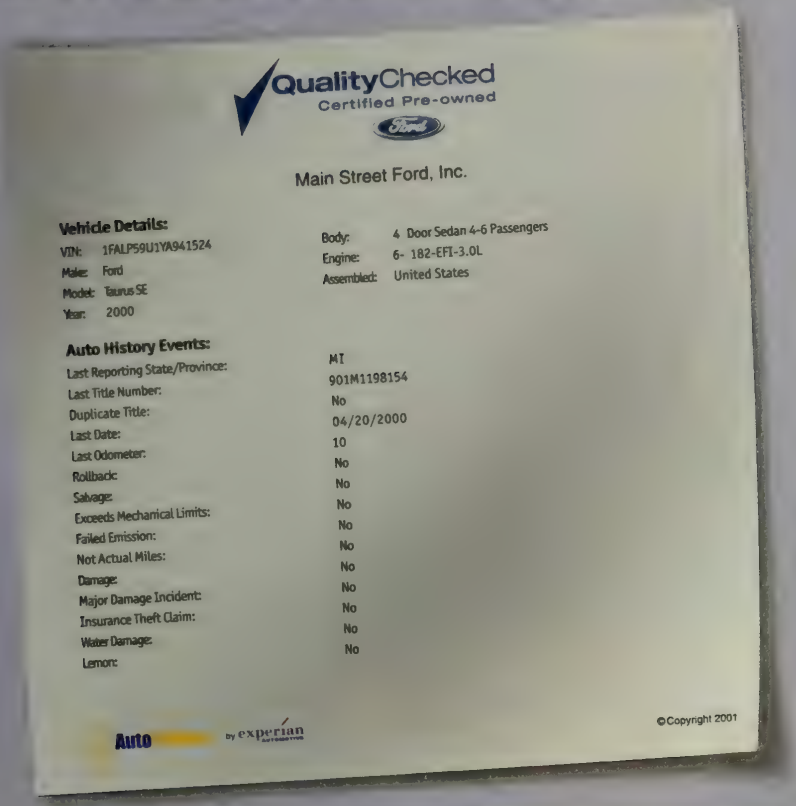
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"It's a paradise full of beautiful moments," says Adrienne, "but to survive in it is so challenging and tough."

Meals are labor-intensive; Karen Glenn and her daughter, Erinn, start dinner at 3 o'clock in the afternoon.

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"Out here," ays Karen, "it's the work that separates the guys from the girls, not the brain cells."



and Erinn share their feelings (*left*). Wide-open spaces make Karen smile (*above*). A milk goat checks the Brooks' cabin *(below)*.



wheat, and maybe a little cornmeal. Butter is low, so this afternoon she'll have to churn. Today is laundry day, a task that will consume most of her time, and she dreads the sheer boredom of it. Still, it can't be put off. Out here, an undone chore is like a slow leak in a life raft—it threatens the stability of everything.

She sets her buckets on the front stoop and pauses before opening the door. Despite the cold, she is sweating. The eastern sky is streaming with red and pink. Overhead, stars still sparkle. Around the little valley, other families are stirring, stoking their fires, planning chores, coming to grips with another day in the wilds of Montana. She thinks of the brand-new house that awaits her family in California—a house with big, clean rooms and modern appliances and manicured landscaping—and their normal life so different from this. But there is no comparison. Despite the hardships, they have come together here as a family, been closer than ever, worked harder, laughed more, cried more, shared more. Here, they have lived life on the edge of something so vast and wonderful, there are no words to describe this place. Except one. Home.

"Making food by hand," says Kristen, "the kneading and the pounding, is so close to the rhythms of life."



ose work is never done? Adrienne serves breakfast (*below*); Kristen makes biscuits (*above*); laundry drying near the Glenns' cabi



Adrienne and her family live at *Frontier House*, a 1,100-acre tract of open Montana countryside ringed by towering mountains and veined with rushing streams. They have come with two other families to pit themselves for five months against the elements in a re-creation of pioneer living conditions from 1883. Their life here is temporary—orchestrated as part of a public television series produced by New York's WNET—but their struggle is real. Placed in unfamiliar surroundings, cut off from contact with the 21st century, and given only rudimentary tools and supplies, they must forge their way in a land that is both beautiful and unforgiving.

The primitive lifestyle is especially demanding of the settlement's women—Adrienne, Karen Glenn, and Kristen Brooks. They came to the frontier full of optimism and charged with a sense of adventure, but the initial euphoria was short-lived. Isolation, loneliness, and the sheer drudgery of running a pioneer household—from sunup to sundown, without a single day's rest—has worn away at their resolve. Yet, they refuse to fail. As the weeks passed, they have found inner strength and developed a deep appreciation for the pioneer women of the 1880s.

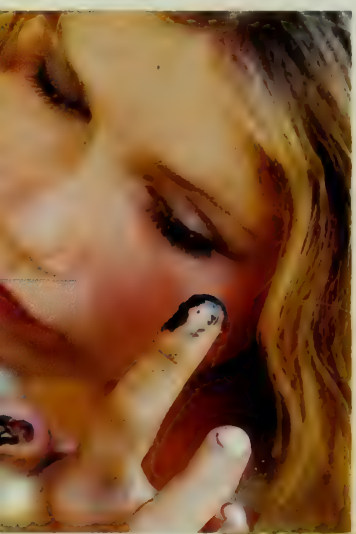
"There are times when the work seems simply endless,"



says Adrienne, a full-time mom who came to *Frontier House* with the largest family—her husband, Gordon; their three children, daughter Aine, 15, sons Justin, 12, and Conor, 9; and her niece Tracey Clune, 14. "No matter how much you do, there's always more. Leisure time just doesn't exist. Some days I just want to go up into the loft of the cabin and lie down and cry. But I don't, because I don't have the time."

To distribute the workload, each of the women has accepted, to varying degrees, traditional female roles based on the precedents of the 1880s. While their husbands are digging root cellars and building fences, the women are inside the cabins, literally hunched over a hot stove. That a century's worth of equal rights achievements have been abruptly reversed does not go unnoticed, at least by the women.

"It's natural for the men to work on the heavier building projects," says Adrienne. "They're simply stronger. Out here, you don't have the time to sort through whether it's politically correct. But the men definitely do things that are much more creative and interesting than the women. Gordon is usually outside, working. At the end of the day, he's built a fence or a spring box, something everyone can see and admire and use. The women work as hard, but the things we do aren't so apparent. We make the food, do the laundry, sweep the floors. The next day we do the same things all over again. The monotony can be overwhelming."



"The environment is raw," says Karen, "and it brings out the rawness in you."

Karen Glenn, a registered nurse from Tennessee, counters the repetitive housework and isolation with an entrepreneurial spirit. Before she came to Montana with her husband, Mark, and two children by a previous marriage—daughter Erinn Patton, 11, and son Logan Patton, 8—Karen studied pioneer life to learn how homemakers made money on the frontier. With that in mind, Karen struck a deal with the owner of a small, 1880s-style mercantile that the *Frontier House* production had set up some 20 miles away. She will do laundry for the local "miners" that populated the area in the late 1800s, washing 30 pounds of laundry each week at 20 cents per pound. Soon, piles of dirty laundry are arriving at a prearranged drop-off point a mile from her cabin. She retrieves them by horse, scrubs them in her makeshift launderette, and hangs them up to dry outside or, if it's raining, on wires she's strung up inside the cabin. "It's not easy," she advises, "washing a whole sheet by hand on a little one-by-two washboard."



Karen also begins making and selling bread, along with eggs and extra butter that she and Erinn churn from the milk of their two cows. After several weeks, she has the makings of a tiny but profitable corporation.

"In this kind of situation," says Karen, "you draw on every ounce of anything you can to survive. I'm not sure people realize how important those individual women financiers were. You could build all the fences in the world, but without women making some money, none of the pioneer farms would have succeeded."

With cabins full of children, endless housework, and sporadic bathing schedules, both Adrienne and Karen admit that romance on the frontier "is pretty much out the window." The same can't be said for Kristen and

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Leaving make-up behind wasn't easy for the young Clune women. Aine (*above*) improvises with eye shadow made from ashes and lanolin. Even on the frontier, mothering is a balancing act. Karen fires up the stove (*far right*) then steals a few moments to spot lurking trout with son, Logan (*right*).

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See the wonder

continued from page 130



Another day dawns—and the Clunes give thanks for the opportunity to be together.

Nate Brooks, who were married in a soul-stirring, open-air ceremony on the frontier. Tucked away in their hand-built cabin at the far end of the settlement, the newlyweds manage to weave long walks and lingering conversations into their daily work routines.

"It's extreme," says Kristen. "There are long, miserable days of work sometimes, but our cabin is in the most beautiful place in the world and mostly it's romantic and wonderful and perfect. Even so, it's so nice to have other women to talk with, even if we can't get together that often. We've tried to put together a Wednesday afternoon sewing circle, but everyone's so busy it's been hard to maintain. When I can I'll walk down to Adrienne's because she makes the most wonderful coffee and scones and we talk about ridiculous things. Nate's a wonderful listener but I think men can only process conversation for so long before it gets old. Women can do it forever. Some of my favorite times have been sitting around with Adrienne talking about anything, like how hard it is to get up in the morning and put on the same stockings and the same old pair of shoes that you've been wearing for a week or two. It's affirming, and it makes us feel less crazy."

"Our family has a wonderful appreciation for each other," says Adrienne.

"At first, I didn't think isolation would be a problem," says Adrienne. "Boy, am I wrong! I feel so cut off from the world, from family and my female friends. I miss them terribly. The men don't seem to mind the isolation, but women need other women especially.

"It's made me think of frontier women, leaving everything that was familiar behind when they moved to the West. They could end up 20 miles from another women, and they would be so busy that they wouldn't see each other for months at a time. It must have been incredibly lonely.

"I rediscovered the art of writing letters. We have ink nibs that attach to little wooden handles and I love dipping them into the ink and writing on our ivory-colored stationery. Everything can get so quiet, and there's the scratchy sound of the nib on the paper that's so soothing. That's what's interesting about the whole experience—it's a paradox. It's a paradise full of unbelievably beautiful moments, but to survive in it is so challenging and tough.

"Living here has made our family incredibly close. We've learned to share and trust each other in the most amazing ways. As difficult as it's been, I'm not sure I really want to leave when the time comes. This has become a real home for all of us." ⌂

In next month's *Better Homes and Gardens*® magazine, take a closer look at the frontier families as they reenter the 21st century. Also, be watching for the WNET production of *Frontier House* when it airs April 29, 30, and May 1 on PBS stations. Check local listings for times.

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Her backyard was a rough and tumble hillside, ratty and steep. Stepping out back required huffing and puffing. Instead, she decided her garden should give her a leg up.

by Craig Summers Black

Taming a TILT



"We had always loved hiking in the mountains," says Sharon May, but this was ridiculous. *This* was forbiddingly steep terrain behind her new home. How bad was it? "There was no usable backyard whatsoever"—even though it was the better part of an acre. "It was just a jumble of overgrown brush. We didn't even know what was back there." So Sharon decided to turn her forbidding incline into an easygoing, naturalistic garden that emulates the unspoiled elevations in not-far-off central California. "I wanted a yard that was all about discovery and surprise, with twists and turns so that you could go around a bend or bush and see something new and unexpected." Now stepping out back is a walk in the park.

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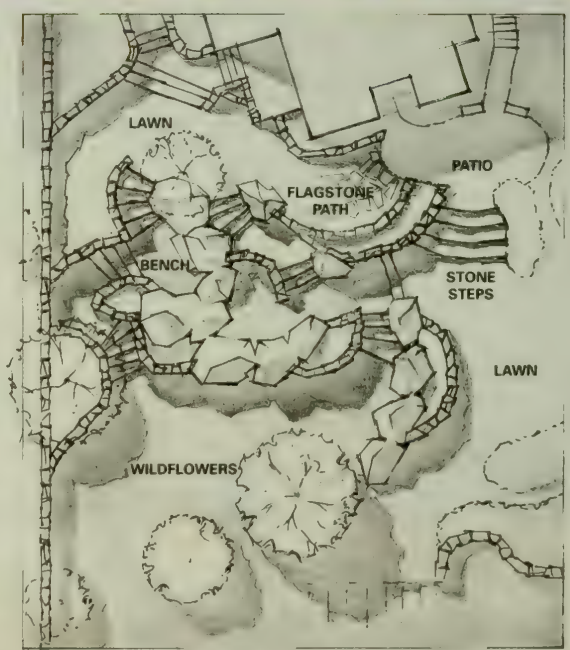
Taming A Tilt

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Sharon also knew what she didn't want. "I had come from a rather homogeneous neighborhood with all of five landscape plans and everything tightly controlled. Here, I wanted to re-create the unstudied shape of nature, but with a casual parklike look—uncontrolled and unfettered—rather than one of those yards that lays out like a big football field that you can see all at once."

So Sharon and her husband, Tom, cleared the area and studied the lay of the land. They added fill by the house to make a fairly level garden up top, and then nudged and added stone to build retaining walls and steps. In the crevices, they added soil and mulch. But the big challenge was designing the garden to afford a comfortable way for guests to get from top to bottom ... and back up again. "We created several landing areas to stop and rest, and there are steps leading down the hill on one side and up the other."

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▲ Seating areas, landings, and switchbacks were carved out of the Mays' backyard slope to give visitors ease of access to usable areas and wonderful views. Umbrellas provide a shady place to enjoy coffee or a fierce game of checkers.

◀ Hardscaping and paths make it possible to traverse a 20-foot drop in a distance of only about 30 feet.



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Taming A Tilt

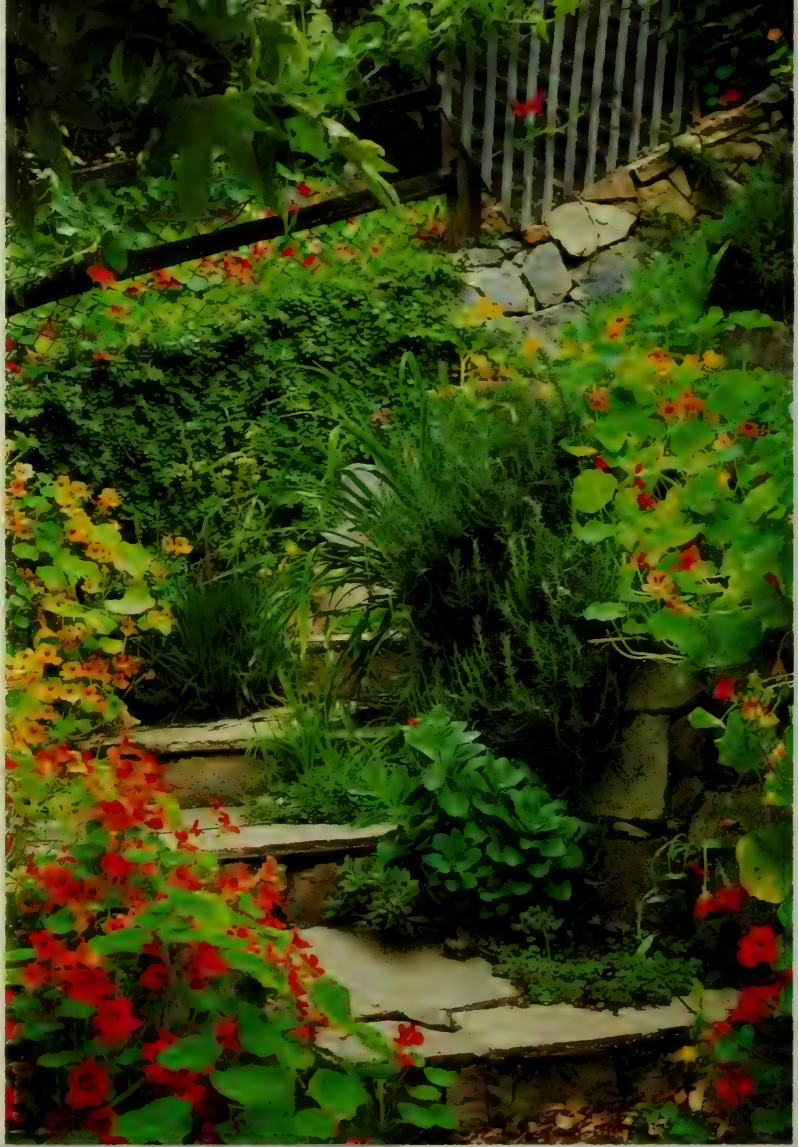
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While taking advantage of the yard's natural contours, Sharon wanted to extend that naturalistic feel to plant selection as well.

"I am partial to wildflowers, so selecting a look for the yard was obvious." However, it was a look she was after, not a doctrine, so wildflowers weren't planted exclusively. Natives were a must, especially given the long, dry growing season in Poway, a former stagecoach stop 20 miles north of sun-drenched San Diego. But any loose, informal, wildflower-*type* plants were also heartily welcomed.

Sharon says she finds herself attracted to strong primary colors in her vertical landscape. "I like to be uplifted in a garden," she says.

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◀ The Mays carved out this seating area—even building the stone bench themselves. "I've learned just by trial and error," says Sharon, "and by reading magazines and visiting nurseries."

▲ Nasturtiums plunge along both sides of a gently curving stone staircase. These curves cut the grade, so the rise is not so steep and access is easier.

it does everything your oven does except set off the smoke alarm.



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Taming A Tilt

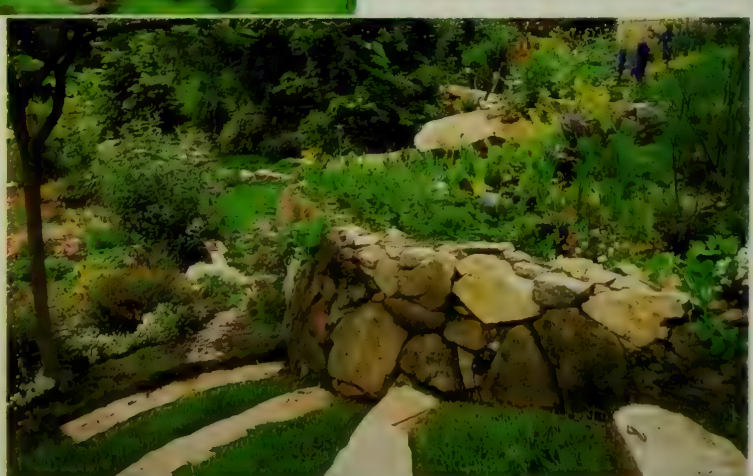
continued from page 138

The discovery of large boulders on the property dictated the location of many winding paths and stone walls. Sharon and Tom couldn't even budge some of these behemoths. Most of the stones used in other rocky creations—terraces, grottoes, benches—also were found on the property, but some were transported from area building sites. Even the mulch was recycled, claimed (free!) at community collection centers.

Sharon then tucked plants by the handful into every available pocket in and among the stones, letting flowers flop and flow, spilling over the hard surfaces and softening and obscuring their mass. Ground covers were planted between pavers, lawn between risers. And today, throughout, a soft cascade of color washes over the now-gentle slope, lifting the eye even as it puts a spring in your step. Uplifting, you might say.

▲ Sharon likes to combine subtle colors as well. "When plants like lobelia and verbena are placed together, they may look like one color from a distance. But closer, you can see the subtle variations in tone."

▶ Retaining walls arch backward a bit to take advantage of gravity, as stones lean solidly against the embankment, instead of just perching precariously on one another.



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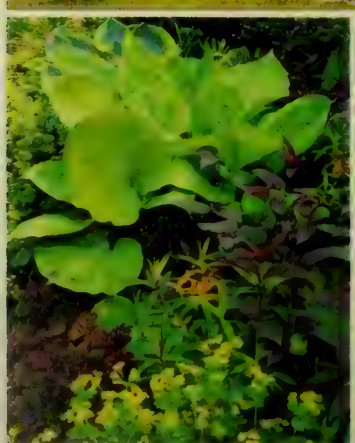
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*Total price of $44.97 per doll includes $4.98 shipping and handling. Sales tax additional on shipments to Illinois. Please allow 10 to 12 weeks for delivery. Price higher in Canada. **43664-D81201**

THE ASHTON-DRAKE GALLERIES
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local COLOR







The view is endless. And so, it seems, is the flower bed. Only an avid gardener would consider this a problem. Here's how a color aficionado solves the battle of locale vs. landscape.

by Craig Summers Black

Judith Prindle's yard unfolds into a 180-degree view of Puget Sound, the Olympic Mountains, island bluffs, and even the occasional soaring bald eagle. She considers this panorama her greatest gardening challenge. "It's very hard working with a view," she says. "I don't want to obstruct the view, so I keep to fairly short plants."

These flowers encircle the living space of her Clinton, Washington, landscape, creating a vast 450-foot border alive with color. "I planted the garden so that something is blooming all the time," Judith says. "And I'm always madly in love with what is in bloom."

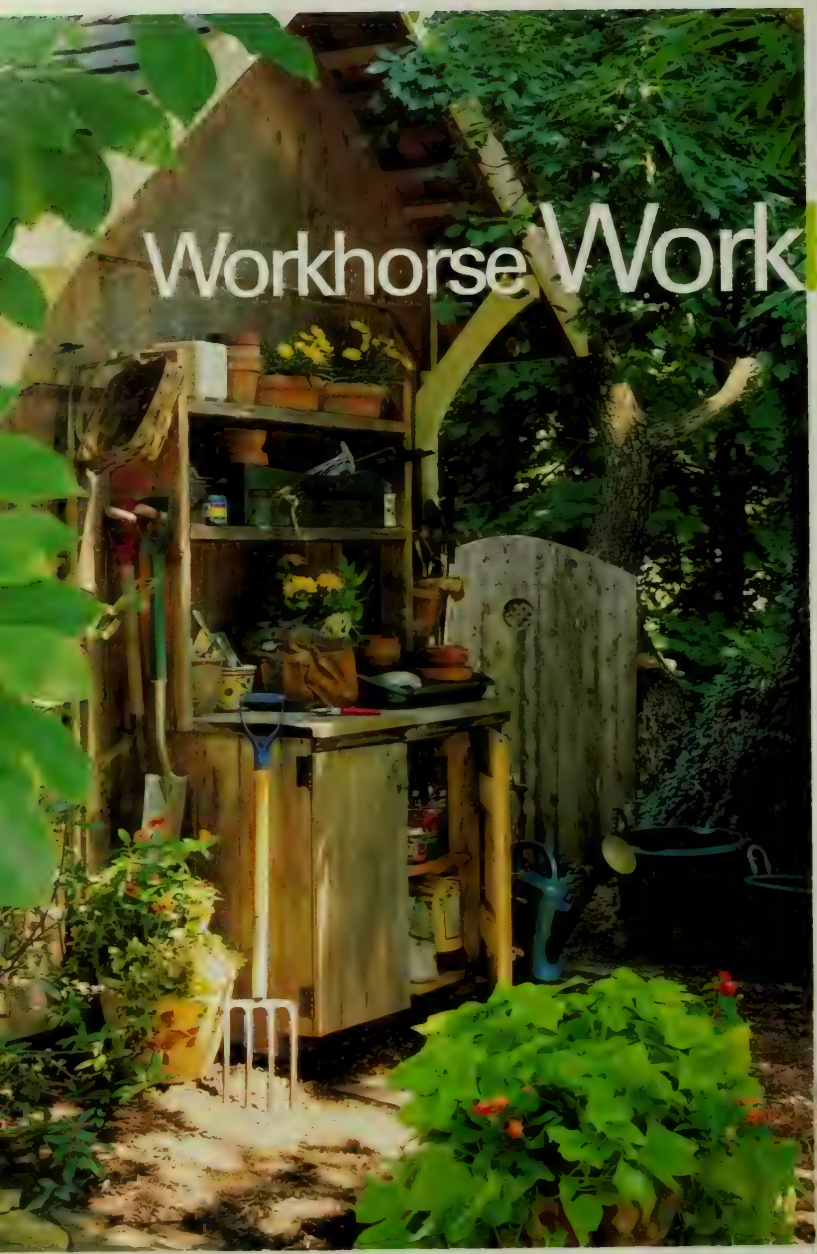
One of her favorite color schemes is gold, gray, and pale pink, but she emphasizes variation. "You can get tired of a color scheme," she says. "That's why I use so many different plants."


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Lowfat milk helps prevent osteoporosis
and keeps your bones supple.

Workhorse Workbenches

by Doug Hall

Whether you're repotting a houseplant or sowing flats of seeds, you need a place to work without concern for the mess. These outdoor workstations let their owners fling soil with abandon.





Every Tool in Place

Paula Manchester of East Setauket, New York, uses her backyard shed to store gardening tools and equipment. Her potting bench, attached to one end of the shed, offers additional tool storage plus a convenient work surface. "I consider this place my outdoor kitchen," Paula says. "I have everything I need right at hand. My compost bins and tools are nearby, and I can easily scoop up some compost for a potting mix. Since I'm outside, I don't have to worry about spilling soil all over the place."

continued on page 146

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Curtains made from a plastic tablecloth hide a worm box (*below*), where worms turn kitchen scraps into compost. No, the process doesn't smell, Cathy says, nor does the finished compost.



Fun and Functional

A trip to Provence inspired the blue-and-yellow color scheme for Cathy Decker's potting bench—and the combination of primary hues is as uplifting on Cathy's Bryn Mawr, Pennsylvania, patio as it is in the south of France. "Color is wonderful," she says. "Just look at all the colors in nature." Cathy and her son, James, built the bench using a frame of 2×4s and a plywood top. "I didn't want to use anything expensive for the work surface, but I wanted it to look nice. So I painted the plywood to look like tile," Cathy says. She followed the latex paint with a waterproof sealer. A yellow-striped awning protects the bench from the elements. Cathy uses her bench for gardening tasks and crafts projects.



A Garden Pro's Choice

Alice and Duane Kelly of Seattle built their potting bench as an extension of a small storage shed. Although hidden behind an evergreen hedge, the bench is handy to the rest of the garden. "It's just wonderful to have my tools in the garden where I use them," Duane says. "I take cuttings and do a lot of repotting, but I'm too busy in the spring to do much with seeds." Duane can be excused for being distracted in spring: He produces Seattle's Northwest Flower & Garden Show.

continued on page 148


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continued from page 146

Consolidating Clutter

Bill Pisa-Relli of Cutchogue, New York, built this workbench for his wife, Ann. In spring, Ann nurtures seedlings for her flower garden on the green-painted surface, which is sheltered by 8-foot-tall lattice panels. The lattice forms the third wall in an outdoor space bounded on two other sides by a rustic shed and a garage. "It's a perfect growing area because it gets lots of sun, yet it's protected and out of the wind," Ann says. Flagstones set in sand provide dry footing.



Bill's motive in building the workbench was to consolidate Ann's gardening activities—and the clutter that went along with them, she says.

High Style

"I was making a mess in the kitchen with all of my plants and really needed a place to pot," says Nancy Chesser of Wilmington, Delaware. She collaborated with a local builder to design this potting bench, which is situated on a concrete patio in the Chessers' shady backyard. Its open trellis back soars up to a cedar shake roof and a flourish of finials. Hooks on the underside of the countertop hold watering cans and buckets.

continued on page 150





Nancy stores trowels and other hand tools in a sand-filled terra-cotta planter (*right*). She says the sand keeps her tools clean and free of rust.

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Workhorse Workbenches

continued from page 148



Beyond the Pale

When it came time to build a potting bench for the *Better Homes and Gardens*® Test Garden, we took our design cue from a wavy-edged picket fence that surrounds our vegetable plot. This sturdy bench is made for use by a tall gardener, so its work surface is 42 inches from the ground (compared to a standard height of 37 or 38 inches). Before you design or build a workbench, experiment with tables of different heights until you find a level that's comfortable for you. The top surface is covered with EPDM, a rubberlike material that is used for roofing and to line garden ponds. The bench is 67 inches tall, 66 inches wide, and 29 inches deep.

Buying information, page 285

TO ORDER PLANS Duplicate this **Picket Fence Potting Bench** with our easy-to-use *Better Homes and Gardens*® Project Plan. The professionally drawn blueprint is available *exclusively* from us and is not sold in stores. Each plan contains a photo of the bench, a list of materials, construction diagrams, and clearly written instructions. Each plan costs $14.95. To order with your MasterCard, Visa, American Express or Discover card, call 800/881-4066. Or visit *www.bhgcatalog.com*.


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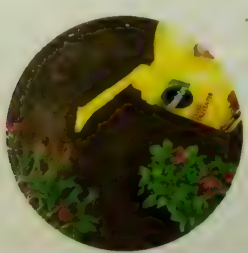
SMART STARTS FOR BEAUTIFUL BEDS AND BORDERS



BEAUTY BASICS

The same principles used to design your home can be applied in the garden. These tricks and Miracle-Gro® garden products will help you create beautiful beds and borders this spring:

- **Give your garden plenty of room to grow.** Larger areas will allow for a better mixture of plants.
- **Design by plant heights and color.** Consider tall plants, those 3 feet and higher in the back, medium height plants in the middle and low plants in the front. Group plants by coordinating or contrasting colors. Consult plant labels or your local garden center for plant specifications.
- **Go for a variety of bloom times.** Look around the neighborhood and public gardens. Note what blooms each month of the growing season.
- **Plant lushly for fuller, prettier effect.** For a cottage garden look, plant most flowers 25 percent closer than the label says. Gardens thrive best with excellent soil so incorporate Miracle-Gro® Garden Soil for Flowers and Vegetables for best results.



THREE WAYS TO A WEED-FREE GARDEN

Use Miracle-Gro® Weed Preventer™. It stops weed seeds from germinating. You should use it first in the early spring.

Get weeds while they're small and when the soil is moist. The weeds will be easier to remove, you'll get more of the root and you'll prevent them from producing seeds.

Mulch! Apply 1-3 inches of quality mulch like Earthgro® around your flowers to smother weeds and to prevent any new weeds from emerging.

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GREAT GARDENS START WITH GREAT SOIL

For a beautiful garden, your soil has to be in tip-top shape. Good soil conditions improve drainage and nutrient retention, helping a plant root system grow stronger, leading to bigger, more beautiful plants.

Soil conditions can vary greatly; some garden beds are filled with clay while others are sandy. Clay soil is dense, making it difficult for the plants' roots to grow. Sandy soil is too porous and lacks organic matter, allowing water and nutrients to run through the soil. Both conditions prevent plants from growing big, strong and beautiful.

The solution is easy! Amend your garden beds with Miracle-Gro® Garden Soil. Miracle-Gro® Garden Soil contains premium organic ingredients, including sphagnum peat moss, compost and manure plus just the right amount of Miracle-Gro® Plant Food to create a superior growing environment.

Working fresh soil into your garden beds helps:

- Break up hard crusty soil to improve drainage and water absorption
- Add organic matter to loosen heavy clay soil
- Increase the level of nutrients available to the plant
- Improve porosity (air pockets) to allow space for roots to grow, plus hold more water and nutrients

Whatever your in-ground gardening project, Miracle-Gro® has a garden soil to meet your need:



- **Miracle-Gro® Garden Soil for Flowers & Vegetables** is ideal for annuals, perennials and all types of vegetables. It's formulated to help keep soil moist to prevent young plants from drying out.
- **Miracle-Gro® Garden Soil for Trees, Shrubs & Ornamentals** is a coarse-textured blend, fortified with essential nutrients and pH adjusted to promote vigorous blooms, foliage and root growth of acid-loving plants.
- **Miracle-Gro® Garden Soil Roses** contains bone meal for better blooming and strong root development, plus iron to help prevent leaf yellowing.





FEED 'EM RIGHT

For the biggest and healthiest flowering plants, feed your garden regularly. Miracle-Gro® All Purpose Plant Food is perfect for all plants, but there are times you may want to try some specific formulations for certain projects and plants.

- Get newly planted shrubs, annuals, perennials and vegetables off to a great start with Miracle-Gro® Quick Start® Plant Food. It helps prevent transplant shock and encourages strong, vigorous root growth.
- Once your annuals and perennials are established, encourage more blooms by feeding every other week with Miracle-Gro® Bloom Booster® Plant Food. It's specially formulated to stimulate flowering.
- Roses are heavy feeders that need plenty of nutrients. Feed every other week with Miracle-Gro® Rose Plant Food, formulated for maximum rose bloom and health.
- An easy way to apply Miracle-Gro® Water Soluble Plant Foods is with the Miracle-Gro® Garden Feeder. It covers large areas quickly and the plants absorb nutrients through the roots and the leaves.



GARDENING IS ALL ABOUT GROWING and sharing. Through its Give Back to Grow® initiative, Scotts and Miracle-Gro® support the Plant a Row for the Hungry Program, in which gardeners plant an extra row of vegetables and donate the produce to needy families. Log on to www.miracle-gro.com to learn more—then get involved. You'll grow along with your garden!

GIVE BACK TO GROW

nonstop pots



Text by
Mark Kane

Photographs
by Kim
Cornelison

Last year, we took eight different plants to the BH&G® Test Garden to see if they could bloom in pots from spring through fall. We set them up identically and said "Go!" They did, nonstop. One was callibrachoa (*above*). Step this way for the rest.

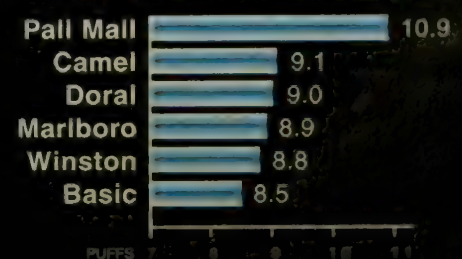
continued on page 156

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star cluster

Pentas is a perennial in Florida, but elsewhere it's an annual—too tender to stand even a light frost. The stems are fairly stiff, so the plant soon has a shrubby shape. The flowers are up to 4 inches across and face upward in a friendly way. (All the pots here are 12 inches.) Snap off spent flowers to keep more coming.

continued on page 158



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in Dover in Heirloom Stainless.

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Nonstop Pots

continued from page 156

old faithful

Geraniums are longtime favorites for their vivid flower clusters—trophies held high. Black Magic Rose won a 2002 All American award. We liked the leaves as much as the flowers. Note the bright edge and dark center. Nice.

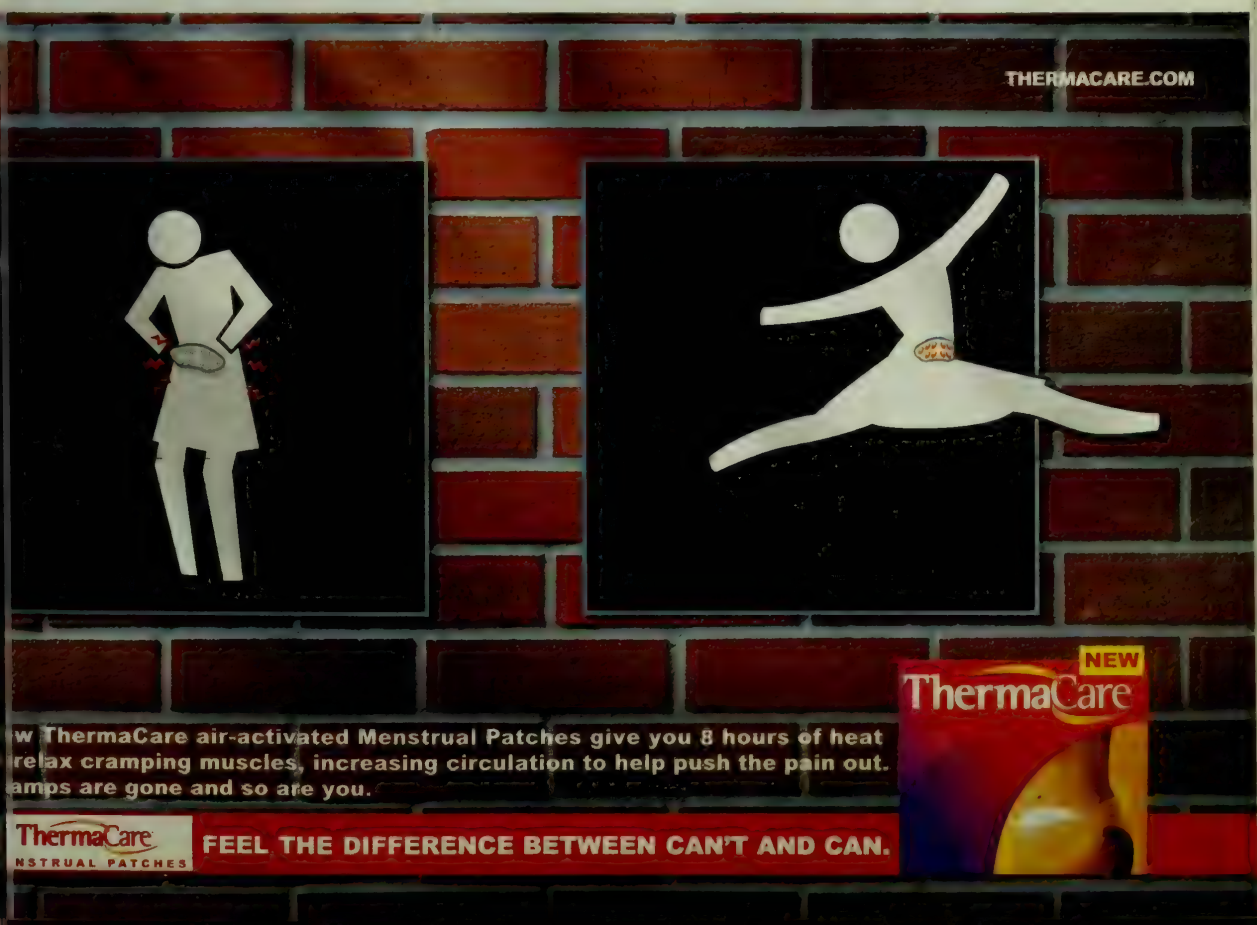


fan flower

Scaevola is called fan flower because the petals are on one side of the flower. It blooms a lot, as you can see; over one hundred flowers are in view here (and months more to come). How so many? The stems branch, the branches branch, and all the branches bloom. Cut them back now and then if you prefer a compact plant. Dracaena shares this pot to lend height.

continued on page 160





continued from page 159



vinca voom

You might know it as periwinkle. In the Test Garden we call it annual vinca (not to be confused with the perennial vinca that is a hardy ground cover). Whatever the name, it's at garden centers in spring among the annuals, often in flower, which lets you check colors.

continued on page 162

National Multiple Sclerosis Society

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A Million Steps in the Right Direction.

ms walk®

Nonstop Pots

continued from page 160



shade lover

Impatiens are far and away the most reliable bloomers among annuals for shade. The kind with simple flowers—five flat petals—are so prolific they *cover* themselves with bloom. The kind with double flowers (shown) bloom a bit less but make up for it with so many extra petals they look like little roses. Grooming is automatic; spent flowers fall on their own.

Rarin' to bloom

You'll find all eight of the nonstop bloomers at almost any garden shop. We didn't test the plants listed *below,* but they have reputations for long bloom.

- Verbena
- Zinnia angustifolia
- Angel wing begonia (shade)
- New Guinea impatiens
- Torenia
- Petunia integrifolia
- Petunia (large flowers)
- Lobelia
- Snapdragon
- Salvia
- Browallia
- Portulaca
- Fuchsia
- Heliotrope
- Nasturtium



cigar plant

No, the flowers don't smell like tobacco; the resemblance to a cigar lies in their shape (if you strain your imagination). Also known as cuphea, this is a shrubby perennial in warm climates, an annual everywhere else. The flowers are ¾ inch long and so vivid they almost vibrate.

continued on page 164


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continued from page 162



gomphrena

Gomphrena has a range of colors from pink to red and beyond. Shown here is Buddy, a purple. All are stiff and compact, with flowers that look like clover blooms. The little globes have a papery feel and dry readily, holding their color and shape. In a way, that makes a year of bloom.

PROJECTS TO GO

For more information about gardening in pots, our ***Container Gardens*** book combines beautiful and inspirational photography with complete how-to instructions. With more than 250 photos, 15 detailed projects, seven illustrations, plant recommendations, and more than 100 tips, this book will teach you how to create a garden in even the smallest of spaces. The 144-page soft-cover book costs $24.95, which includes shipping, handling, and all applicable sales taxes.



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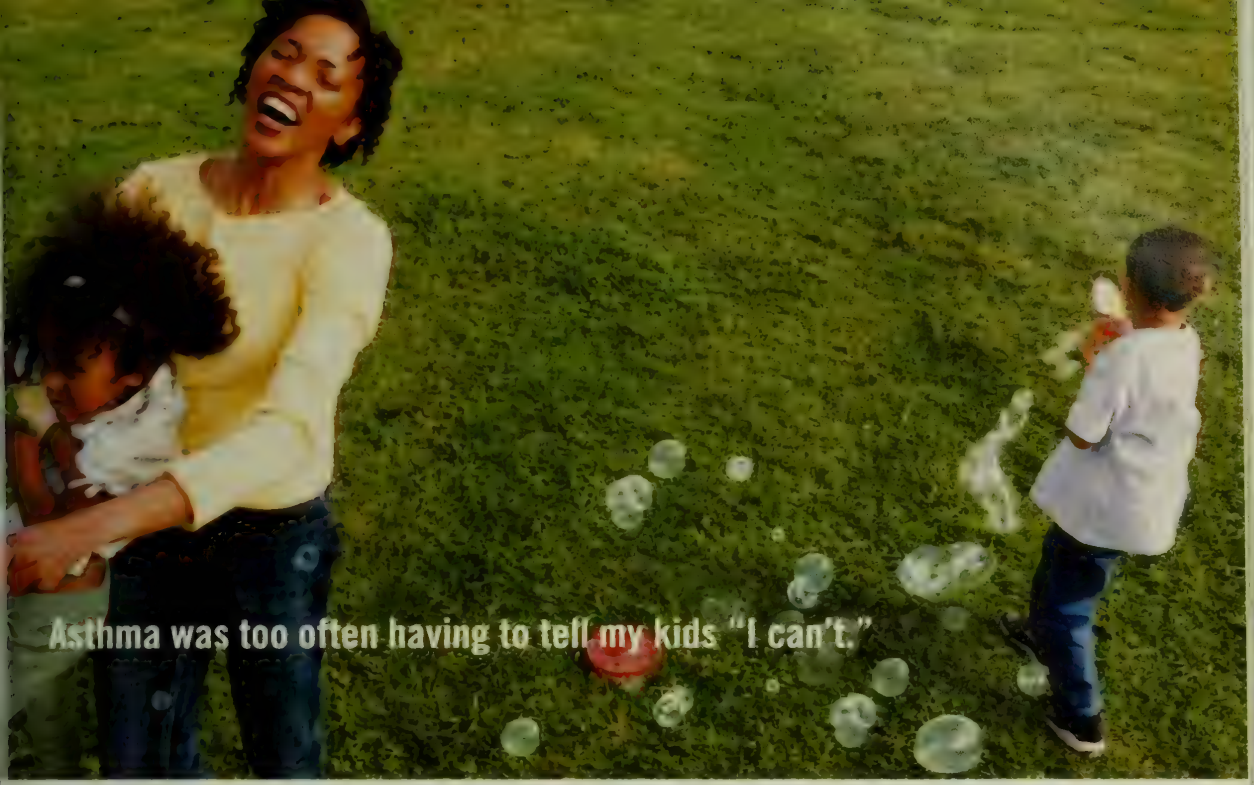
A MISSED FERTILIZING NOW AND THEN

For plants to bloom in pots from spring through fall they need fertilizer in small, regular doses. What happens if there's an occasional lapse? We ran a test in the *Better Homes and Gardens*® Test Garden.

We started with two pots of lantana, and watered them equally all season, but fertilized them unequally. In one pot we stirred slow-release fertilizer into the potting mix before planting. This form of fertilizer releases a small quantity of nutrients to the potting mix and thence to the roots every time you water. For the other pot we fed the plant with fertilizer dissolved in water, except when Sandra Gerdes, Test Garden manager, "forgot." "Two or three times over the spring and summer," she says. You can judge the results above.

Slow-release fertilizer works because it doesn't forget. Soluble fertilizer or ordinary fertilizer sprinkled on the potting mix as needed can work just as well, as we've seen over the years, but *you* have to remember. Whichever you use, slow and steady wins the race.

Learn more about container gardens by visiting us online at www.bhg.com/containers



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So you can do more of the things you want to do. That's because ADVAIR is the *first and only* product approved by the FDA to effectively treat the two main components of asthma: airway constriction and inflammation. All with one easy-to-use[1] DISKUS device. The clinical results were experienced by people taking ADVAIR 100/50, compared with people taking either fluticasone propionate 100 mcg or salmeterol 50 mcg (inhalation powders) alone.

ADVAIR won't replace fast-acting inhalers for sudden symptoms and should not be taken more than twice a day. People switching from an oral steroid, like prednisone, to ADVAIR, which contains an inhaled steroid, need to be especially careful. While adjusting to the switch, your body may not be as able to heal after surgery, infection, or serious injury. If you have heart or blood pressure problems, tell your doctor. Some people may experience a change in heart rhythm. See your doctor if your asthma does not improve.

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Please see important information on the following page.

ADVAIR DISKUS® 100/50, 250/50, 500/50

(fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

WHAT IS ADVAIR DISKUS?

ADVAIR is the brand name of a twice-a-day asthma product that contains two medications, fluticasone propionate and salmeterol. DISKUS is an inhalation device used to deliver ADVAIR. Fluticasone propionate, an inhaled anti-inflammatory belonging to a group of medicines commonly referred to as corticosteroids, works by reducing inflammation (swelling and irritation) of the airways. Salmeterol, a long-acting, inhaled bronchodilator belonging to a group of medicines commonly referred to as beta-agonists, works by helping to prevent bronchospasm (constriction of the muscles surrounding the airways). There are three strengths of ADVAIR DISKUS that contain 100, 250, or 500 mcg of fluticasone propionate per dose and each contains 50 mcg of salmeterol per dose.

What should I know before taking ADVAIR?

ADVAIR should not be used for relief of sudden asthma symptoms. Your doctor will prescribe a fast-acting inhaler (such as albuterol) to relieve sudden symptoms that may occur despite regular use of ADVAIR.

ADVAIR should not be used to treat a severe episode of asthma requiring emergency medical treatment.

YOU SHOULD NOT START TAKING ADVAIR IF YOUR ASTHMA IS BECOMING SIGNIFICANTLY OR RAPIDLY WORSE, WHICH CAN BE LIFE THREATENING. Serious respiratory events, including death, have been reported in people who started taking salmeterol in this situation, although it is not possible to tell whether salmeterol contributed to these events or if it simply failed to relieve the worsening asthma. In most cases these occurred in people whose asthma was rapidly worsening. They have also occurred in a few patients with less severe asthma.

If you are using your fast-acting inhaler more frequently or are taking more doses, it could be a sign that your asthma is getting worse. If this occurs, tell your doctor immediately. If you've been using a fast-acting inhaler regularly (e.g., 4 times a day), your doctor will tell you that this is no longer necessary once you are taking ADVAIR, and that you should use your fast-acting inhaler for sudden symptoms only.

WARNING: ADVAIR should not be used to switch from an oral steroid like prednisone to an inhaled steroid. People switching from an oral steroid to ADVAIR, which contains an inhaled steroid, need to be especially careful. Although inhaled steroids may provide control of asthma symptoms, while adjusting to the switch, your body is not as able to heal after surgery, infection (e.g., stomach flu), or serious injury. You should carry a warning card indicating you may need oral steroids during periods of stress or a severe asthma attack.

You should not take ADVAIR if you have had an allergic reaction to salmeterol, fluticasone propionate, or lactose in the past.

Important Safety Considerations with ADVAIR:

Sometimes patients experience unexpected bronchospasm right after taking ADVAIR. This condition can be life threatening, and if it occurs, you should stop taking ADVAIR and contact your doctor immediately.

In rare cases, people are allergic to ADVAIR. If you immediately experience choking, difficulty inhaling, rash, hives, itching, or welts on the skin, you may be having an allergic reaction. Stop using ADVAIR and contact your doctor immediately.

Salmeterol is a beta-agonist belonging to a class of drugs that can affect the circulatory system in some patients as measured by heart rate and blood pressure and/or cause symptoms like heart fluttering, chest pain, rapid heart rate, tremor, or nervousness. These symptoms are uncommon at the recommended dosage. If they occur, ADVAIR may need to be stopped. Changes may also occur in the electrocardiogram (ECG), although the importance of this is not known.

Your doctor may be cautious about giving you ADVAIR if you have heart disease, especially coronary artery disease, irregular heartbeat, or high blood pressure. ADVAIR should also be used with caution by people with seizures or overactive thyroid gland, and those who are unusually responsive to this class of drugs.

When given intravenously, albuterol, a drug with a similar chemical structure to salmeterol, can worsen diabetes. These drugs may cause low blood potassium in some people, which may lead to side effects like an irregular heart rate. Significant changes in blood sugar and/or potassium were rare in clinical studies with ADVAIR at recommended doses.

Taking steroids can affect your body's ability to make its own steroid-like hormones, which are needed during infections and times of severe stress to your body, such as an operation. Although much more common with oral steroids, these effects can be seen with inhaled steroids, especially when taken at higher than recommended doses. Inhaled steroids often permit control of asthma symptoms with less systemic side effects. Because patients' sensitivity to steroid side effects varies, talk to your doctor about using the lowest strength of ADVAIR for your asthma.

Tell your doctor if you have been exposed to or currently have chicken pox or measles. Chicken pox and measles, for example, can be more serious or even fatal in susceptible people taking corticosteroids.

Inhaled corticosteroids may cause a reduction in growth velocity. Talk to your doctor about using the lowest strength of ADVAIR for your asthma.

ADVAIR should be used with caution, if at all, in people with tuberculosis, herpes infections of the eye, or other untreated infections.

People taking ADVAIR may develop yeast infections of the mouth and/or throat that should be treated by their doctor.

If you have been switched from an oral steroid to ADVAIR, allergy symptoms, eczema, or arthritis may be uncovered. During oral steroid withdrawal, patients may experience joint/muscle pain, tiredness, or depression, even though their asthma symptoms may be the same or better.

In rare cases, people taking ADVAIR may develop serious conditions that often require oral steroid treatment. Symptoms can include rash, worsening breathing problems, heart complications, and/or a feeling of "pins and needles" or numbness in the arms and legs. These conditions are usually, but not always, associated with reduction/withdrawal of oral steroids following the introduction of ADVAIR. Although ADVAIR has not been shown to cause these conditions, you must tell your doctor right away if you develop any of these symptoms.

Rare instances of glaucoma, increased pressure in the eyes, and cataracts have been reported with inhaled corticosteroids, including fluticasone propionate.

How should I use ADVAIR?

ADVAIR should never be taken more than one inhalation twice daily.

You may see a benefit within the first 30 minutes after taking your first dose of ADVAIR, but the full benefit may take 1 week or longer. Each dose of ADVAIR will last for 12 hours or longer.

If you are taking ADVAIR regularly, you should not take additional salmeterol for the treatment of exercise-induced symptoms or for any other reason.

What should I know about the DISKUS device?

When using ADVAIR, remember: • Never breathe into or take the DISKUS apart. • Always use the DISKUS in a level position. • Never wash any part of the DISKUS and always keep it dry. • Discard **1 month** after removal from the foil overwrap.

Do not use ADVAIR with a spacer device.

Can I take ADVAIR with other medications?

When taking ADVAIR, take all medications exactly as prescribed.

ADVAIR should be used with extreme caution during and up to 2 weeks after treatment with monoamine oxidase (MAO) inhibitors or tricyclic antidepressants since these medications can cause ADVAIR to have an even greater effect on the circulatory system.

No drug interaction studies have been performed with ADVAIR. In clinical studies, there was no difference in side effects when ADVAIR was taken with methylxanthines (e.g., theophylline). There were no difference in steroid side effects whether ADVAIR was taken with or without FLONASE®.

In clinical studies, there were no differences in effects on the heart when ADVAIR was taken with varyin amounts of albuterol. However, the effect of using ADVAIR while taking more than 9 puffs a day of albuterol has not been studied.

Generally, people with asthma should not take beta-blockers because they counteract the effects of beta agonists and may also cause severe bronchospasm. However, in some cases, for instance, following a hea attack, selective beta-blockers may still be used if there is no acceptable alternative.

The ECG changes and/or low blood potassium that may occur with some diuretics may be made worse b ADVAIR, especially at higher than recommended doses. Caution should be used when these drugs are use together.

ADVAIR should be used with caution in people who are taking ketoconazole (an antifungus medication) o other drugs broken down by the body in a similar way. These medications can cause ADVAIR to have greate steroid side effects.

What are the possible side effects of ADVAIR?

In studies with asthma patients taking either placebo, ADVAIR DISKUS 100/50, ADVAIR DISKUS 250/5 fluticasone propionate 100 mcg, fluticasone propionate 250 mcg, or salmeterol 50 mcg, the side effec more common with either strength of ADVAIR than placebo (which may or may not have been related to th drug) were upper respiratory infection (14% for placebo, 27% for ADVAIR DISKUS 100/50, 21% for ADVAI DISKUS 250/50, 29% for fluticasone propionate 100 mcg, 25% for fluticasone propionate 250 mcg, and 19 for salmeterol 50 mcg); sore throat (6%, 13%, 10%, 7%, 12%, and 8%, respectively); upper respirato inflammation (5%, 7%, 6%, 7%, 8%, and 8%); sinus infection (4%, 4%, 5%, 6%, 1%, and 3%); hoarsi ness/voice change (<1%, 5%, 2%, 2%, 4%, and <1%); yeast infection of the mouth (0%, 1%, 4%, 2%, 2% and 0%); viral respiratory infections (3%, 4%, 4%, 4%, 10%, and 6%); bronchitis (2%, 2%, 8%, 1%, 2% and 2%); cough (2%, 3%, 6%, 0%, 0%, and 3%); headaches (7%, 12%, 13%, 14%, 8%, and 10%); na sea and vomiting (1%, 4%, 6%, 3%, 4%, and 1%); stomachache (1%, 4%, 1%, 0%, 2%, and 1%); dia rhea (1%, 4%, 2%, 2%, 2%, and 1%); gastrointestinal flu (2%, 3%, 0%, 3%, 1%, and 2%), yeast infecti unspecified site (1%, 3%, 0%, 1%, 4%, and 0%); and muscle pain (3%, 4%, 2%, 1%, 5%, and 3%).

Side effects that occurred in 1% to 3% of people taking ADVAIR were swollen glands, muscle injuries, br ken bones, cuts, burns and bruises, allergy symptoms, ear, nose, and throat infections, nosebleed, e infections, stomach pains, intestinal problems (e.g., appendicitis, pain, infections), sores or pain in t mouth, toothache, abnormal liver function tests, lung infections (e.g., pneumonia), muscle and/or jo aches and pains/stiffness, sleeping problems, tremors, feeling of pinched nerves, viral and bacterial infe tions, fluid retention, unusual taste, skin infections, hives, skin itching/flakiness, and sweating.

The adverse events in a study with ADVAIR DISKUS 500/50 were similar to those above.

Other reported side effects with ADVAIR include: signs of steroid excess (e.g., weight gain, skin bruisi diabetes), paleness, agitation, aggression, sun-sensitivity rash, menstrual problems, pelvic pain, and va nal pain/infections.

The long-term effects of ADVAIR are not fully known. However, some patients have received inhaled flu casone propionate continuously for 3 years or longer. No differences in the type or severity of adver events were observed after long- (2 years) versus short-term treatment with fluticasone propionate.

What if I am a child or elderly?

The safety and efficacy of ADVAIR in children less than 12 years of age has not been established. Howev in one 12-week study in patients 4 to 11 years of age, side effects were similar to those seen in patients years of age and older.

Studies have shown that inhaled corticosteroids may reduce growth rates in children with asthma. This c occur even if there are no other signs of systemic effects of the medication. The long-term effects of t reduction in growth rate from inhaled corticosteroids including the impact on final adult height are unknow The potential for "catch up" growth after stopping inhaled corticosteroids has not been adequately studi Your doctor may monitor the growth rate of children or adolescents taking ADVAIR. The potential grow effects of long-term treatment should be weighed against the clinical benefit. Each patient should be titr ed to the lowest strength that effectively controls their asthma.

In clinical studies, the overall safety of ADVAIR in people with asthma over 65 was similar to that in youn people. No change in dose is needed in older people. Special caution should be used in older people w heart disease.

What if I am pregnant or nursing?

You should consult with your doctor before taking ADVAIR if you are pregnant or nursing.

There have been no studies of ADVAIR used during pregnancy, labor, or in nursing women. Salmeterol known to interfere with labor contractions. It is not known whether ADVAIR is excreted in breast milk, other corticosteroids have been detected in human breast milk. Talk to your doctor about the benefits risks of using ADVAIR during pregnancy, labor, or if you are nursing.

What happens if I take too much ADVAIR?

Increasing doses of ADVAIR were associated with a higher frequency of tremor, nervousness, and heart tering. Deaths have been reported with the excessive use of the class of drugs to which salmeterol belon Doses of inhaled or oral salmeterol 12 to 20 times higher than recommended have been associated with nificant effects on the heart.

Overdosing with ADVAIR is potentially dangerous. If you overdose with ADVAIR, stop taking the medica and seek immediate medical attention. Signs and symptoms of chronic overdose with fluticasone propio are those of steroid excess (e.g., weight gain, diabetes). The expected signs and symptoms of overdos with salmeterol are similar to those for other beta-agonists and include irregular or rapid heartbeat, vousness, tremor, headache, muscle cramps, seizures, and chest pain.

What other important tests were conducted with ADVAIR?

Like most prescription drugs, ADVAIR was required to be tested on animals before it was allowed for hur use. There is no evidence of enhanced toxicity with ADVAIR compared with the components administe separately. Fluticasone propionate, like other corticosteroids, has been associated with birth defects in mals (e.g., cleft palate and fetal death). In animal studies with doses much higher than those use humans, salmeterol was associated with uterine tumors. No effect on fertility in rats was seen at 180 t the maximum recommended daily dose for salmeterol. Your healthcare professional can tell you more a how drugs are tested on animals and what the results of these tests may mean about safety for you.

If you have any further questions about ADVAIR, talk to your doctor, visit our Web site ADVAIR.com, or call 1.877.4.ADVAIR.

Reference: 1. Boulet et al. Comparison of Diskus™ inhaler, a new multidose powder inhaler, Diskhaler™ inhaler for the delivery of salmeterol to asthmatic patients. *J Asthma*. 1995;32:429-4

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Outside the Box

Brand new from *Better Homes and Gardens*® Books—helpful advice on landscaping and deck planning.

New Complete Guide to Landscaping is a hardworking book featuring over 700 photos that will inspire you. A reference section presents problems and offers solutions, and step-by-step projects make it easy for you to become a successful landscaper. This 408-page softcover book costs $31.95, which includes shipping, handling, and applicable sales tax.



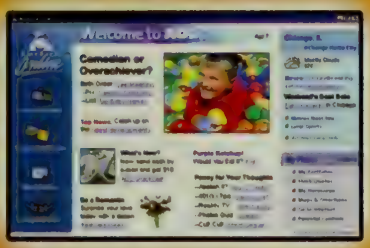


Because expanding and personalizing the minimal deck spaces on suburban homes is an increasingly popular do-it-yourself project, we suggest ***Complete Decks: Dream It, Plan It, Build It***. This is the definitive resource for inspiration, practical ideas, and step-by-step instruction. All aspects of deck projects are covered—from designing, to finishing, to maintenance. Plans are included for each of the decks described, and clear, helpful photos show every step from laying out the site to finishing the railing. The 192-page softcover book costs $27.95, which includes shipping, handling, and applicable sales tax.

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Sassy

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On the body of the vase, butterflies and greenery are artistically sculpted in bas-relief. One fully sculpted butterfly alights at the rim. The elegant lines of the vase echo the gentle curves of the lily fronds. And a sculptural leaf and branch form the graceful handles.

The vase is painted by hand in a harmonious palette of soft rosy pinks, blues and greens and lavishly adorned with hand-applied 24 karat gold. Twenty sparkling Swarovski crystals, set in the butterflies' wings, make this a work of true splendor.

The *Jeweled Butterfly Vase* is available directly from Lenox for just $64, payable in convenient monthly installments. Each handcrafted vase will bear the Lenox® hallmark in gold and be accompanied by a Certificate of Authenticity.



Each butterfly is patterned with hand-set crystals.

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Order Form • Mail by May 31, 2002

I wish to order the *Jeweled Butterfly Vase,* crafted of ivory fine china accented with 24 karat gold and set with 20 Swarovski crystals.

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Golden Lights Azalea

Rhododendron Golden Lights

editor's choice

Hit the Lights

by Craig Summers Black

Northern gardeners have long envied their Southern counterparts for Dixie's easy azaleas. But now that the University of Minnesota has developed the Northern Lights series of hardy azaleas, we are all once again equals. This entire series of azaleas is worthy, and the flowers come in various colors. If you live in frigid climes, just look for that telltale word, "Lights," in the variety name—say Spicy Lights (a salmon color), Orchid Lights (an orchid shade), Pink Lights (you get the idea). But our favorite is Golden Lights, with its wondrous coloration and superb mildew resistance. If you thought you were sentenced to planting one of those PJM rhodies (they're very hardy, but very garish) here is your ticket to Technicolor.

Azaleas are shallow-rooted plants, so keep them well-watered, especially the first year. And (in the other extreme) they have a tendency toward root rot, so plant them high—a little above the soil line. Mulch is imperative—just not up against the trunk—and you might hill up the mulch in a circle around your new plant as well, to catch and hold rain. Mint julep, anyone?

- **Light:** Full sun to light shade.
- **Hardiness:** To minus 30°.
- **Growth habit:** 4 feet by 4 feet.
- **Bloom time:** Late spring.
- **To order:** See page 174

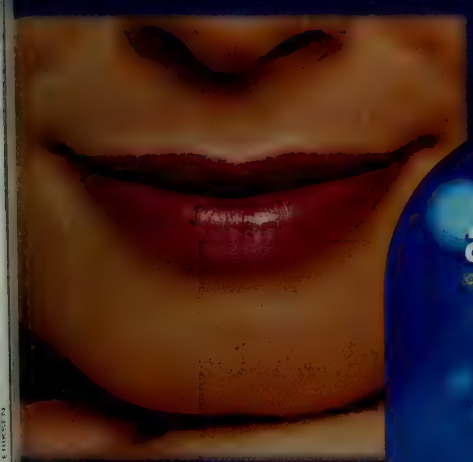
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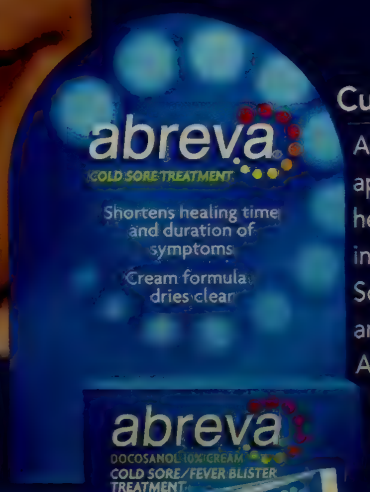


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Cut cold sore healing time in half.[1]

Abreva is the only non-prescription medicine approved by the FDA to actually shorten healing time. Abreva helps stop the cold sore infection from invading healthy cells.[2]

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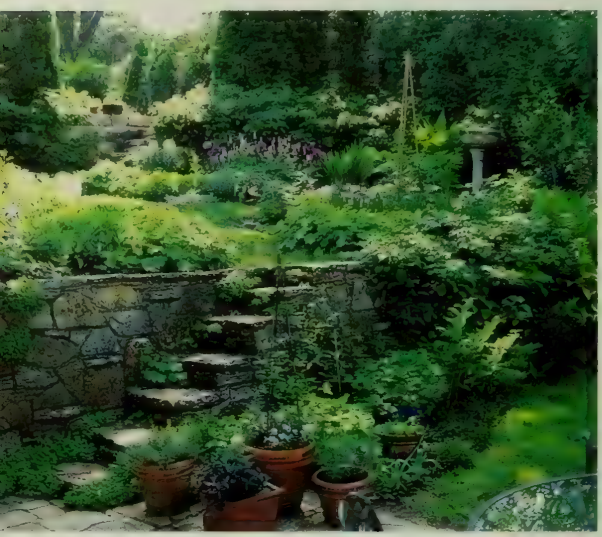
Ask your pharmacist about Abreva, or visit **www.abreva.com** for more information and a money-saving coupon.

bbreviate your cold sore with abreva and cut healing time in half.

©2002 GlaxoSmithKline [1]Versus untreated outbreaks [2]based on laboratory studies

continued from page 170

looking good



Kathy Fryxell's St. Paul, Minnesota, backyard garden is built around stone retaining walls and sturdy staircases.

Fixing the imperfect lot

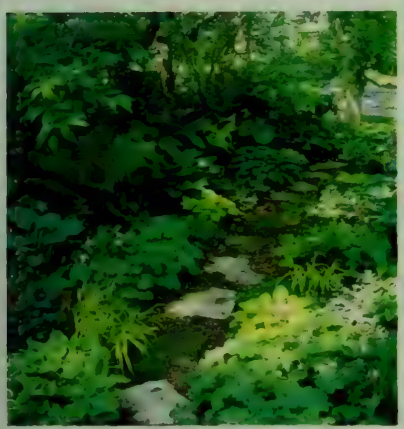
Kathy Fryxell agreed to buy the house only because it was, well, perfect. The yard, however, was not. Kathy wanted a garden, a real garden, and the monstrous oak and slippery slope out back seemed to deny her. But the oak, thankfully, was dying. Out it went. And her father, a retired stone mason, showed her how to carve up the hill into level, plantable tiers. A novice gardener—though a savvy interior designer—Kathy's first plantings were kind of a mishmash. "I asked myself, 'What's wrong with this garden?' the way a designer asks, 'What's wrong with this room?' What came to me was that the garden lacked points of interest. In interior design, they're called anchor pieces: the coat of armor in the corner, a large picture, a sofa. As soon as I thought in those terms, it all came together."

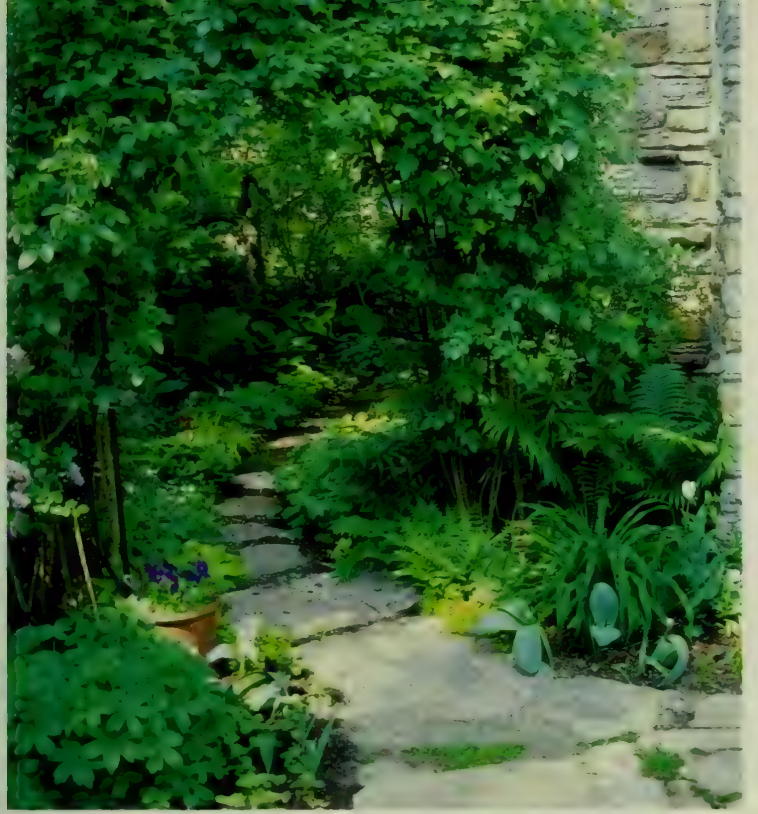
A beautiful, healthy coat.
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An arbor (*right*) escorts visitors into the garden, which was inspired by English designer Gertrude Jekyll.

Pavers (*below*) provide transition from green front yard to colorful back.

continued on page 174







continued from page 173

test garden tip

Go with what you've got

Merrilee and Richard Sinkin did not want to do battle with their new front yard—grass, grass, and more grass. Sunny San Diego is parched annually, so lawns there are thirsty, therefore expensive, and also labor-intensive. The Sinkins ripped out all that hose-sucking turf and put in undulating gravel paths and colorful plants that thrive in the dry climate (and don't rely on tiresome, pricey chemical applications). "We also wanted to be ecologically responsible," Merrilee says.

If your yard is wet, however, plant bog plants and denizens of the damp. Acidic soil? Try rhodies, azaleas, and blueberries. Rather than trying to *fix* your locale, it's much easier to accommodate it.

Buying information, page 284





The blue-green sweeps of agave (*above*) add a cool color to the warm climate and complement the Spanish feel of the architecture. "The biggest compliment we hear is that it looks like the yard has been there forever," Merrilee says.

Senecio, or pickleweed (*right*), is a low-maintenance ground cover.



A lush drought-resistant grouping (*left*) combines bird of paradise, bottlebrush, and phormium surrounding a potted dracaena (*left*).

TO ORDER AZALEAS

The Editor's Choice, **Golden Lights azalea**, is a hardy, colorful variety that is also disease resistant. From Carroll Gardens, each plant is about 12 to 15 inches tall at time of shipment (at the proper time for your zone—about April 15 to June 30). One plant costs $59.95; additional plants are $50 each. Prices include shipping, handling, and sales tax. *Please order early; quantities are limited.* Sorry, we cannot ship to AK, AZ, CA, HI, ID, NV, OR, UT, WA, Puerto Rico, Mexico, or Canada.

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Shake Well Before Using

BRIEF SUMMARY

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of this preparation contraindicates its use.

WARNINGS

The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; *e.g.*, joint and/or muscular pain, lassitude and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

Children who are on immunosuppressant drugs are more susceptible to infections than healthy children. Chickenpox and measles, for example, can have a more serious or even fatal course in children on immunosuppressant doses of corticosteroids. In such children, or in adults who have not had these diseases, particular care should be taken to avoid exposure. If exposed, therapy with varicella-zoster immune globulin (VZIG) or pooled intravenous immunoglobulin (IVIG), as appropriate, may be indicated. If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS

General: In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

Nasacort AQ Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), it did not induce the above mentioned effects.

Pregnancy: *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In rabbits, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In monkeys, triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg (approximately 37 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and/or internal hydrocephaly and axial skeletal defects, whereas the effects observed in the monkey were cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefore, triamcinolone acetonide should be used in pregnancy only if the potential benefit justifies the potential risk to the fetus. Since their introduction, experience with oral corticosteroids in pharmacologic as opposed to physiologic doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in glucocorticoid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born of mothers receiving corticosteroids during pregnancy. Such infants should be carefully observed.

Nursing Mothers: It is not known whether triamcinolone acetonide is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be exercised when **Nasacort AQ** Nasal Spray is administered to nursing women.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 6 years have not been established.

Corticosteroids have been shown to cause growth suppression in children and teenagers, particularly with higher doses over extended periods. If a child or teenager on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered.

ADVERSE REACTIONS

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adults and children 12 years and older received treatment with triamcinolone acetonide aqueous nasal spray. These patients were treated for an average duration of 51 days. In the controlled trials (2-5 weeks duration) from which the following adverse reaction data are derived, 139 patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. In a long term, open-label study, 172 patients received treatment for an average duration of 286 days.

Adverse events occurring at an incidence of 2% or greater and more common among **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clinical trials were:

Adverse Events	Patients treated with 220 mcg triamcinolone acetonide (n=857) %	Vehicle Placebo (n=962) %
Pharyngitis	5.1	3.6
Epistaxis	2.7	0.8
Increase in cough	2.1	1.5

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, placebo-controlled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mcg/day **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average durations of treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and 80 days, respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinued due to adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious adverse event and one patient receiving 220 mcg/day discontinued due to a serious event that was considered not drug related. Overall, these studies found the adverse experience profile for **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed in pediatric patients 6-12 years of age as compared to older children and adults with the exception of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common among adult patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In children ages 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis media, sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient although relationship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse experiences may be expected, but acute systemic adverse experiences are unlikely. (See **OVERDOSAGE**)

OVERDOSAGE

Like any other nasally administered corticosteroid, acute overdosing is unlikely in view of the total amount of active ingredient present. In the event that the entire contents of the bottle were administered all at once, via either oral or nasal application, clinically significant systemic adverse events would most likely not result. The patient may experience some gastrointestinal upset.

Caution: Federal law prohibits dispensing without prescription.

Please see product circular for full prescribing information.

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rn to page 123 to read our special feature on the American Family,
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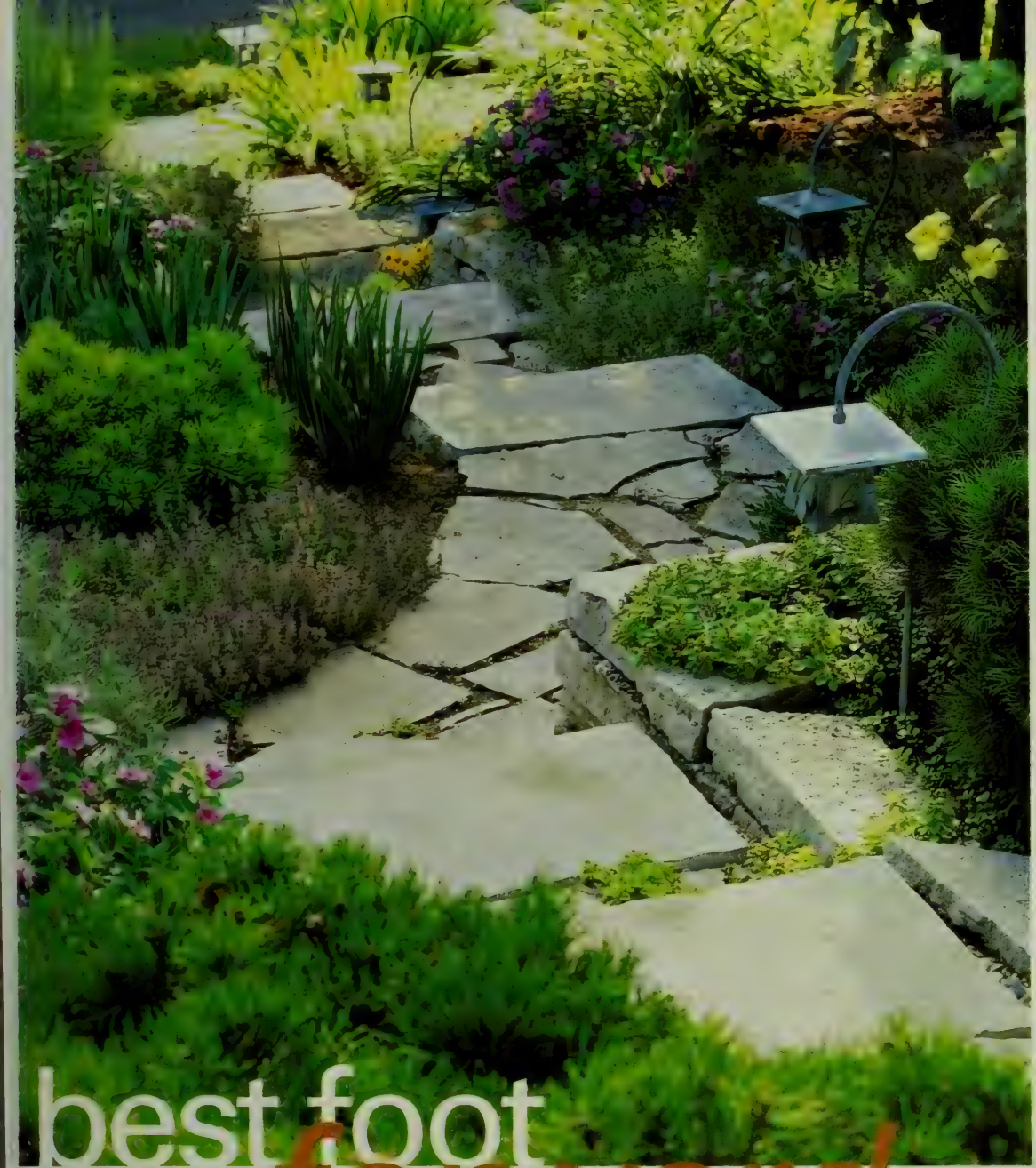
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best foot forward

Short of having rose petals strewn in your path, the only way to assure that you have flowers at your feet is to plant them yourself. And where better to have flower meet foot than at your front walkway, where your garden can greet you and tickle your tootsies?

by Craig Summers Black

The Cox home
St. Charles, Illinois



A limestone and lumber path (*above*) connects the driveway to the front entry. Potted rosemary and ferns spill onto the surfaces. "My challenge is to keep something blooming from the middle of April to the first of October," Nancy says. Despite that, she says, her plants are very low-maintenance.

Nancy and Bill Cox were in a bit of a quandary about how to address the climb-every-mountain aspect of their new hillside front yard. So they called in a landscape architect. "The first thing he said when he saw it was, 'Zowie!' " Nancy says with a laugh. Then he came up with the idea to terrace the incline and place ascending pavers up the middle—and now those stone steps lead ever so easily to the front door. "It's beautiful," Nancy says, almost beaming.

The stone slabs are arranged just so—and the front yard appears to emerge from the limestone. Ground covers and perennials are planted alongside to soften the edges of the stone and give it a more relaxed, less-imposing look. Nancy works mostly with the colors purple, yellow, white, and the occasional orange. Her favorite plants? "Yarrow, lavender, and daylilies."

PHOTOGRAPHS: JANET MESIC-MACKIE.
REGIONAL CONTRIBUTOR: SHIRLEY REMES



Mugo pines provide evergreen touches to the walkway.

Daylilies gleam in yellow, a color carried throughout the beds.





The green gumdrops of Mugo pines add evergreen elegance to Nancy Cox's suburban Chicago landscape. Ground covers, such as thyme, are inserted between the pavers.

The Whisler home
Westwood, Kansas

You can tell a committed gardener lives here. How committed? When Kathleen Whisler and her husband, Joe, were engaged, she registered—not at Tiffany's—but at a local garden shop. Friends called the shop to find out what was on her wish list and were presented with suggestions for roses, daylilies, and small trees. And now Kathleen has cloaked her front-yard garden path with that very foliage and flowers. "I still look out at some of my wedding presents in the garden," she says.

When Kathleen started planting along the gentle S-curve, she found it a larger project than anticipated. "I realized that a bed a foot and a half wide was an insult more than anything," she says. "I went to four feet wide, and now they are six feet."

Kathleen loves pastel colors—and dianthus. "They don't even have to bloom for me to love them."

Kathleen is not the only one who enjoys her garden. "My neighbors say we ought to switch houses because they have a better view of my garden than I do."



PHOTOGRAPHS: CHARLES MANN.
REGIONAL CONTRIBUTOR: MARY ROSS



A stand of pink lilies echoes the pink of hydrangea blooms flanking the doorway.

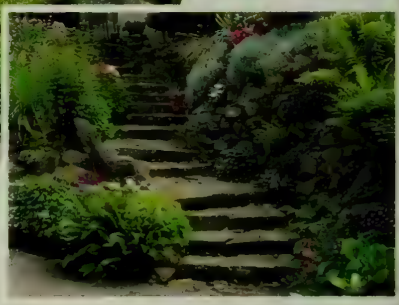
Hostas look good all season. "You learn to appreciate foliage," Kathleen says.

The Fairy is a short rosebush with small but multitudinous blossoms.



A sitting space just outside the front door has a commanding view (*left*). "We love how the elevated patio creates a sense of privacy," Jeni says, "and we really enjoy looking down onto the garden from it."

The Thompsons planted everything from succulents and cactus to azaleas and bamboo.



The Thompson home
Portland, Oregon



Spikes of yucca blooms look like rockets taking off from a garden launchpad.

A Japanese maple is a sensible size to cast dappled shade on the path.

Once upon a time, this ridge-top garden was carpeted with ivy. Ho-hum. Then, not long before Jeni and Bob Thompson moved in, the former owner planted 1,000 pink begonias every year. Too much work. So Jeni and Bob decided on permanent plantings—a soft tapestry of woodies, evergreens, and foliage plants. Although the garden is characterized by its permanent plantings, the Thompsons have a soft spot for begonias, and tuck in 250 every spring. "But we're really more 'garden appreciators' than we are gardeners," says Jeni.

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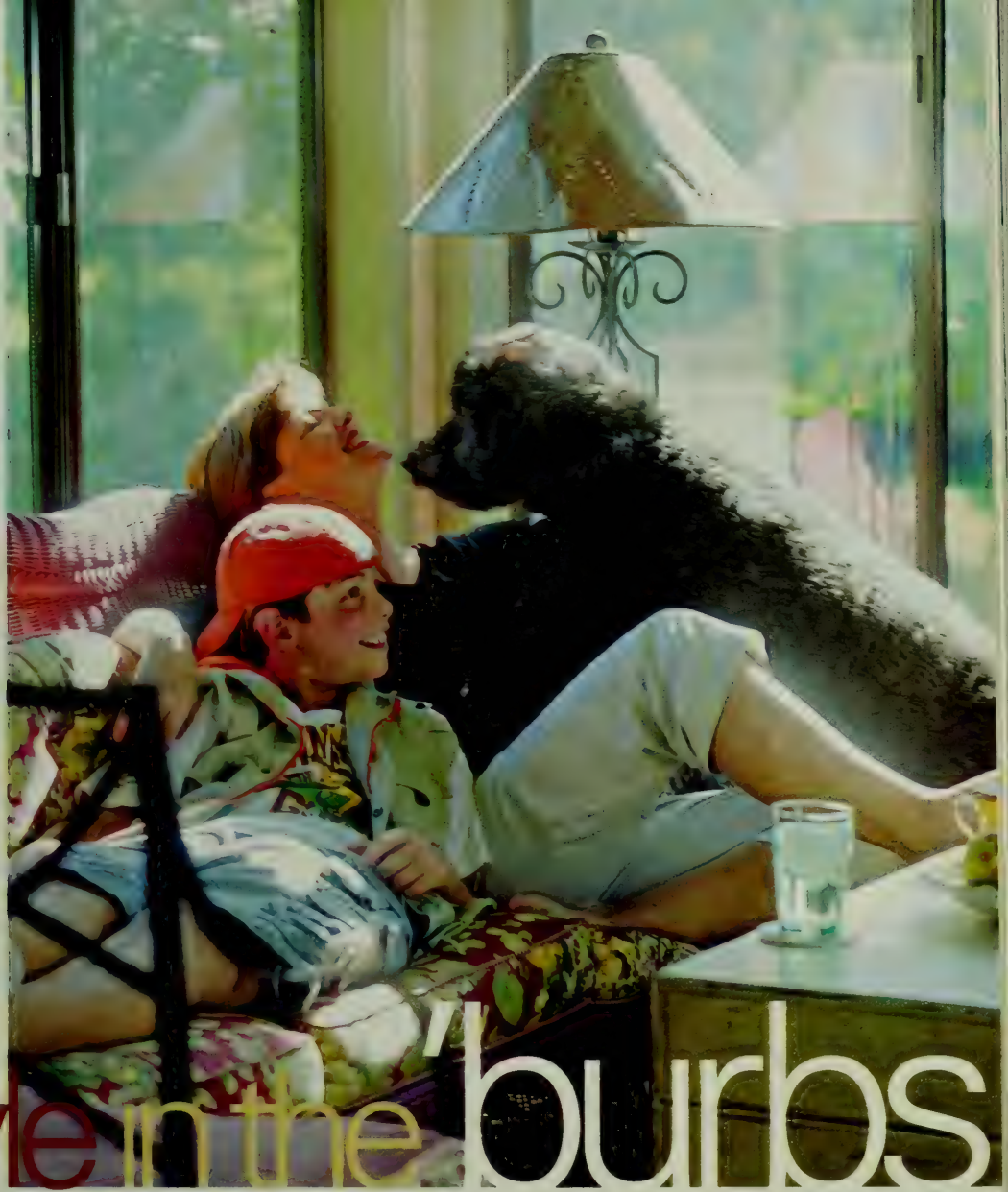


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style in the 'burbs

"My first client was my Barbie doll when I was 8-years-old," says interior designer Nan Sloan. The projects—and budgets—are bigger now, but Nan still finds ways to make do with less. Using professional know-how and inventive, piggy-bank-friendly ideas, she has turned a dated split-level into a bright, attractive family home for herself and son Zach.

Text by Sarah Egge ▪ Photographs by John Reed Forsman ▪ Produced by Bonnie Broten


"I like to have

something in a room that is edgy, that makes you giggle."

The house had been for sale for many months, despite a tight market. When Nan toured it, she could see why. "It didn't have curb appeal," she says. "And inside, it was brown on brown on brown."

Instinctively, Nan recoiled at first. But on closer look, she recognized that the house was in excellent structural shape and its cosmetic ills could be remedied. White-painted woodwork and hardwood floors would lighten the interiors. A paint finish on the cabinets would imbue the kitchen with personality. And a cavernous master bedroom could become romantic with some tricks of her trade. But how to do it all on a single-mom budget?

"The hardwood floors were my big splurge," Nan says. Instantly, the house began shifting from time-warped to classic. A slower process was painting the trim, which Nan did herself to save money. She scouted clearance aisles at lighting, furniture, and fabric stores, and was rewarded with bargains, including the rooster fabric for the living room curtains. Nan's eye for hidden treasure extends to furniture; she dug two armchairs out of an upholsterer's basement. "Even though they looked bad, I could tell they were good-quality chairs," she says. She paid $25 apiece and had them re-covered.



NAN'S BEST BETS

More look for less
Stationary curtains sewn from bold fabric make as big a statement as working curtains but don't require as many yards.

Inviting storage
Ridding the pine hutch's upper cabinets of glass doors made the collections and family photos inside more accessible.

Versatile upholstery
A white sofa allows Nan flexibility with the design. "I can change pillows and fabric around it," she says.



"You have to think, 'This can work as something else.'





NAN'S BEST BETS

Ambience "Any room where you have guests or entertain—the dining room, living room, powder room—you have to have dimmer switches," Nan says. "I am a big believer in the $1.69 dimmer switch. It creates flattering mood lighting."

Creativity Picked up from the curb on trash day and missing a couple of drawers, the chest sat for a few months until Nan had a brainstorm and turned it into a TV cabinet. A carpenter added doors and built a platform for the television. Nan decorated the doors.



Nan and Zach brought few furnishings to this house, and Nan seized the opportunity to express a new style. "I wanted the look to be feminine, with more color and more flowers than we had previously," she says.

Her shift toward color is obvious in the dining room, where flaming red walls—a color called "roasted pepper"—give the room an appetizing boost for the cost of a couple cans of paint. She pulled consignment-store chairs with re-covered seats up to the dining table, and hung a light fixture she had "stalked" until it went on sale.

Her thriftiness has led to an interesting professional twist. She regularly contributes her ideas—and often her home as a laboratory—to the HGTV cable show *Decorating Cents*, which features room redos for less than $500. Nan's lower-level family room was one such project. The TV cabinet was a curbside find that Nan disguised with old book covers and spines to make it look like a bookcase. Interior window boxes bring in outdoor freshness and add architecture. Bottom-up window shades that seem to sprout out of the boxes are constructed of sale-bin fabric and wooden dowels.


Be patient."


"In a perfect world with no

budget, I might have used four different fabrics and spent a lot more on this room."



While the decorating challenges have been a lot to contend with, Nan fulfilled several "wish list" items with this house, including a spacious master suite. She wanted the bedroom to be a personal oasis. Unfortunately, Nan's queen-size mattress, four-drawer chest, and small writing desk were almost lost in the 14×18-foot space. With her budget nearly depleted on the public rooms (where Nan could show her design skills to clients), she had to be especially crafty in her private getaway.

She decided to flood the room with fabric to achieve the romantic cocoon she desired. By purchasing many yards of just one pattern, she could pay a bulk price and get a seamless look. The fabric creates lushness and casts beneficial design illusions as well: Floor-to-ceiling curtains give the bed the look of a four-poster and make the windows appear taller. "The room became more dramatic because of the volume of fabric," Nan says. "It fills a large-size space."

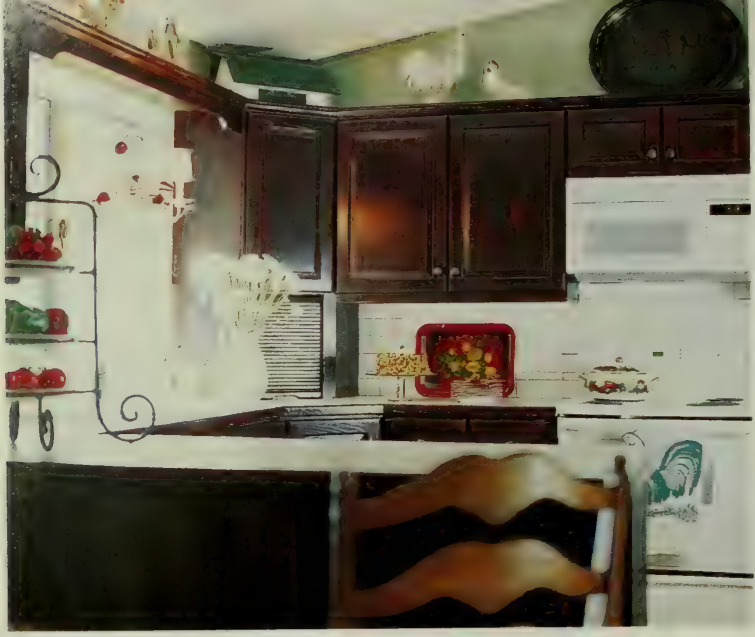
NAN'S BEST BETS

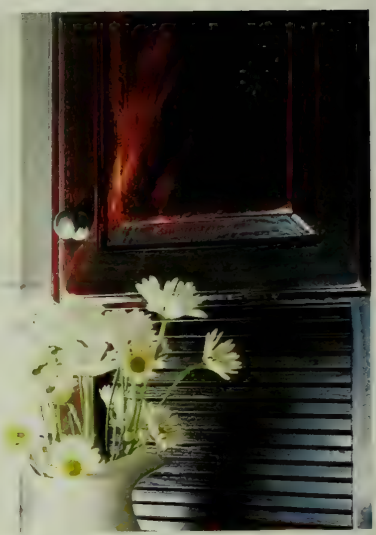
Budget beaters For the headboard, Nan stapled coordinating fabric over quilt batting and framed it with painted molding.

Smart details Home-center molding installed around the bed curtains and above the windows adds architecture. It also conceals curtain hardware and staples holding the bed curtains in place.

Mood lighting Nan could have added electricity, but the candle chandelier above the bed was cheaper. "It's extremely romantic when the candles are lit," Nan says.







Nan's life is marked by spaces she has designed—her childhood dollhouse, her college dorm room, her married home, and, now, her home with her son. Coursing through each has been Nan's unique abilities and preferences. "A home is a reflection of who a person is. It's very personal," she says. "My own house has been a process." And like her life, it continues to evolve.

NAN'S BEST BETS

Personalization The oak cabinets were in good shape, but too plain for Nan's taste. So Nan attacked them, literally, with a hammer. She banged up the doors, then painted the cabinets with milk paint—red first, then black. The milk paint, which you buy dehydrated and mix with water, soaks into the wood. She sanded edges and some of the hammer dings to reveal the red, creating a rustic, timeworn look.

Repurposing The house came with built-in shelving in the room Nan uses as her office. She found two old windows in a trash bin, backed the glass with chicken wire and leftover rooster fabric, and hung them as doors.





Buying information, page 285



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confessions
of a Hollywood homebody

Given the choice between an L.A. night out, rubbing elbows with the likes of Brad and Jennifer, or a night in, reading or playing hearts with friends, what would you do? If you're actress Paula Cale (a.k.a. Joanie Hansen on the TV series *Providence*), it's a no-brainer...home wins hands-down. "I have no social life because I love my home so much," she says. Is she serious??? Yep. But you have to meet her to believe it.

By Sandra S. Soria Photographs by Michael Garland
Produced by Brad Hong and Robin Tucker

"I still wake up every morning and I can't believe this is my house. Heck, I can't believe this is my life," Paula reports, with gusto. She practically squeals when we hand her a copy of the first room photograph we've taken: "Ohmagawd…Can *you believe* how cute my house is?" Sure she's dramatic—you don't land a part on prime time at the age of 25 if you haven't got a flair for melodrama. But then there's also the believability factor. Within minutes we design journalists are believers…here is a woman who's in love with her home, big time. She fell for it at first sight, because its canyon setting reminded her of her hilly hometown in Virginia. "I saw the For Sale sign one day and instantly thought 'I hope I like the inside of my house,' " she says. Though the inside featured lime green walls, she sealed the deal in 15 minutes. One year later, the lime has been calmed by creamy white, all the better to show off her favorite things.



Paula decorates with memories to create a home with soul. Her living room holds portraits of her grandmothers, plus the Steinway piano and favorite armchair (*previous page*) left her by her mom, who died five years ago. "I go to that chair for comfort," she says. For a view, she opts for the window seat (*right*). "I love to perch with a book," Paula says. The dining room (*far right*) is a dichotomy of rough brick and polished mahogany that encapsulates her love of contrast. As she says, "I see myself as chocolate milk in a Waterford goblet."




Ignore the realty rule...
a home should be an
emotional buy.


“I thought that if my kitchen
looked like Italy,
my food might
taste better.”

The galley kitchen (*left*) was remodeled for efficiency and European charm. Water-resistant teak countertops run the length of the room and work well for buffet service. Professional appliances support Paula's love of cooking. The pasta spout next to the stove comes in handy when she cans and makes jam.

Having a "generous, open house" is a priority for Paula, so she lavished attention on the guest bath (*right* and *below*). It includes a custom-made vanity and a claw-foot tub with a European rain bonnet showerhead.



A tour through Paula's home is a literal stroll down memory lane. Everything (as in *everything*) in it has a story to tell. That's no ordinary woven rug in front of the sink, for instance. "I did my whole kitchen around that rug," says Paula. "It was woven by a fourth cousin who has never left the tiny town of Tyros, Greece. She sells them in the gas station." Of course, being an actress, she's not above a little make-believe. So if there isn't a good enough story, she invents it. "I wanted the finish on the wall to be gloppy in spots," says the self-described hopeless romantic, "as if an Italian guy were doing the painting and a beautiful woman walked in and distracted him."

Needless to say, her contractor had a good time working with Paula on the redo of the 1,400-square-foot cottage. Paula always came armed with inspiration, in the form of photos of places she's been or pages from magazines, to help communicate what she saw so clearly in her mind. The mottled gold walls and professional stainless appliances mimic a kitchen she experienced at a favorite Tuscan inn. The guest bath also underwent a real transformation, going from "'70s-style gross" to vintage chic. The feeling was inspired by a $12 framed print she found at a flea market and now has hanging on the wall next to the reproduction claw-foot tub. "I wanted people to walk in and feel welcome and pampered, like they were in their grandma's bathroom," says Paula. No wonder Paula's friends have been known to come for dinner and stay the weekend.

For style with soul, think of your home as a giant shadowbox. Put in only objects that tell a story.



Surround yourself with favorite photos in your bedroom to feel good the minute you open your eyes.



Every picture tells a story at the foot of Paula's vintage iron bed. But then, so do the stuffed animals on her room's window seat (*left*). Her toes are tucked under "Oliver," who is Paula's most steadfast companion. "He's been *everywhere* with me," she says. "We're going to Europe next week."

Our tour continues up a flight of sisal-covered stairs, past many displays of photos, to Paula's bedroom and bath. Up here at tree height, there's another snuggle spot—a second window seat covered with the soft white chenille of an aged bedspread and plumped with soft cotton floral pillows. Her master bath is small but luxurious. To sneak in a little more space, plus scoop in some sunlight, Paula bumped out a tiny bay window behind the painted bureau vanity. Glass shelves hold silver pieces that almost appear to float. "I love doing impractical things," Paula says. "Like silver in the bathroom. Why not fill your home with surprises?" Pretty fabrics, down-filled pillows, and a touch of silver are all part of the "elegant tree house" image she has of her home. But these little luxuries are just the icing. "To me," says Paula, "luxury items are things that have meaning. And the ultimate luxury is having a home that reflects who you are."

A small bureau that Paula had painted and fitted with a sink becomes a petite vanity. The bump-out window has glass on three sides, perfect for applying makeup in natural light. Paula propped up a flea-market mirror that allows her to see herself and the outside.



Though they bring touches of elegance, sparkle, and surprise to her master bath, the silver accessories are first and foremost a remembrance of Paula's mother.

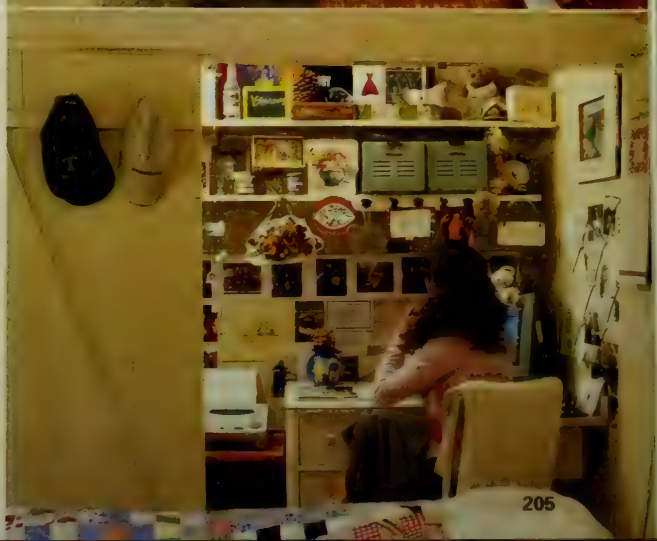

“We call this the ‘cozy room.’
Everybody wants
to hang out here.”

Getting personal with your home is one of those statements that's easier to say than to carry out. Yes, Paula has a good eye, but she also has some good advice: "I worry more about meaning than matching," she says. "When you surround yourself with things that speak to you, they all end up going together in the end." Of course, you would also do well to remember something your mama might have said about not falling in love with every object you see, and never inviting it home until you're sure it is love. To avoid decorating chaos, Paula puts limits on the number of pieces and even patterns she uses. Those that make the cut are staged artfully on shelves or on limited surfaces. In the family room, mementos are tucked behind the doors of her closet-turned-office, where clutter is a virtue. "I LOVE my closet," she cries out. "It's like the hideaway you always wanted as a kid. It has all my good stuff in it." Her treasured memorabilia include the playbill from the play in which she was spotted by Candace Bergen, who then hired Paula to play her feisty assistant McGovern on *Murphy Brown*, and "started my Cinderella story."



Hard to believe that when Paula bought her house this room was a bedroom with purple walls. By adding a skylight and glossy white wainscot, Paula turned it into a charming, light-filled family room. Tone-on-tone wallpaper draws the eye to the interesting ceiling lines, now punctuated by a crystal chandelier. When Paula isn't checking e-mail in her closet office, she's likely playing cards and watching TV (which is in the armoire) with close friends. "We're serious card players," she notes. Which isn't obvious in the slap-happy game of gin played with her dear pal, Lizz Leonard.





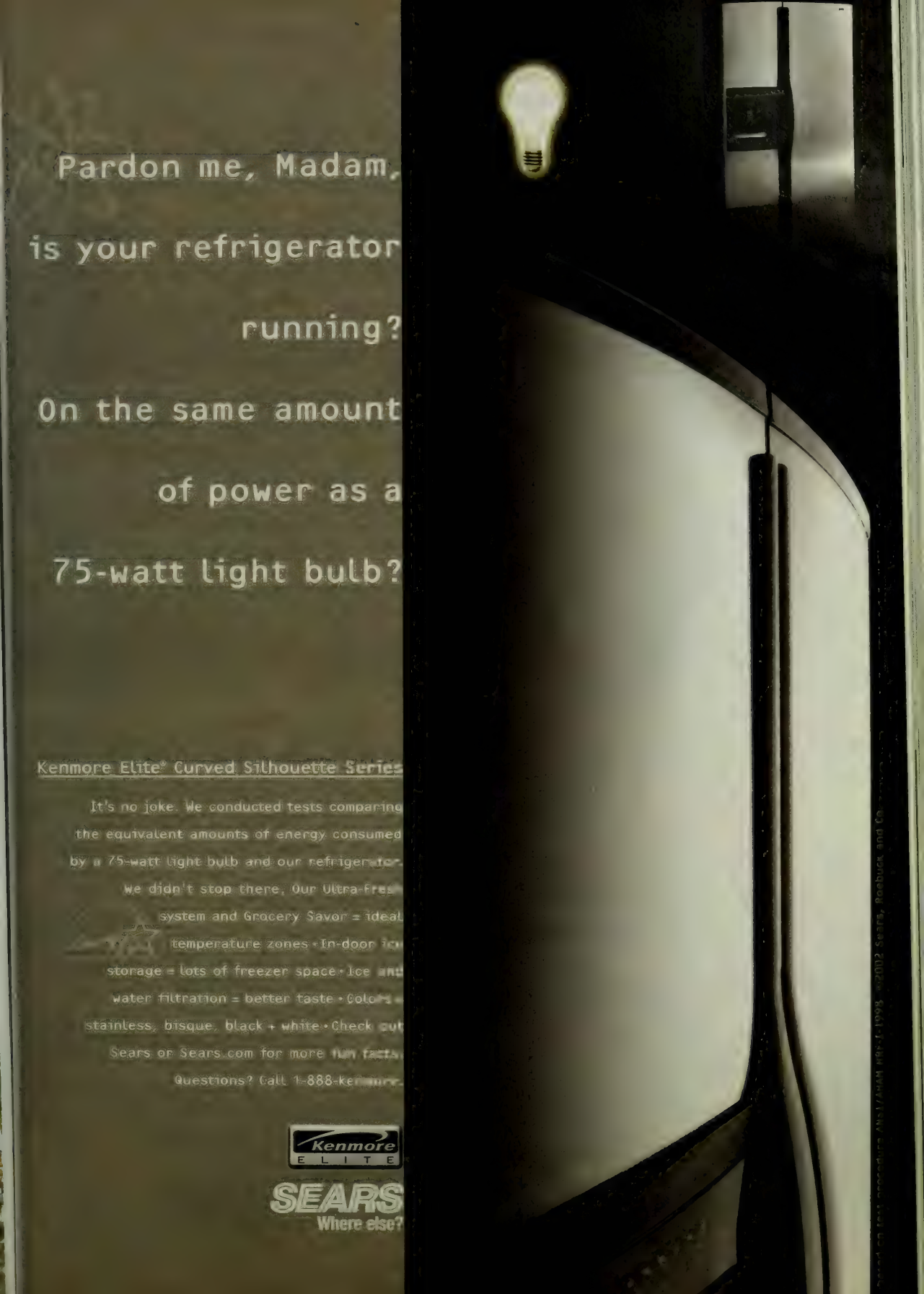
If seeing a crystal chandelier in the family room is unexpected, finding one on the front porch is a real shocker—but a good introduction to Paula's romantic personal style. Paula sets her outdoor table (*below*) for a casual lunch using a mix of old and new dishes. It's true that most days she prefers to invite over a few close friends, rather than go out. "My friends are starting to call me 'the spinster,'" she says. "I don't think my passion for my home has gone that far...yet."

Perhaps it's her perpetual surprise at finding herself in her own fairy tale that keeps this starlet, and her home, refreshingly glitz-free and down to earth. She pulled the cozy scene (*above*) together in minutes, a kind of shrine to her Southern-porch roots and love of plant life. She's currently taming a steep hillside behind her house—therapy after a 14-hour day of taping. "I start gardening and can't stop," she says, frustrated by the fact that the sun sets. "I'm going to get one of those miner's hats with a light on it." She trimmed out her patio with a picket fence and furnished it with wonderfully worn pieces that—surprise!—recall a romantic tale. "I was in Tuscany at this villa and the family invited us to eat at their long outdoor table," Paula says. "I wanted to re-create that feeling of love and community for my friends."

Buying information, page 285

Look at your house as a friend. Decorate to bring comfort and joy.




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By day, they're the superstars of America's culinary universe, but at night, they're just dads who face the same challenges of all parents: Creating dinners that their families will love.

Text by Richard Swearinger
Photographs by Colleen Duffley

4 chefs great pasta happy families



ORECCHIETTE WITH PANCETTA AND BROCCOLI RABE

Recipe begins on page 218



michael chiarello

ry this" is high on Michael Chiarello's list of favorite phrases. It's a constant refrain from the father of Margaux, 17, Felicia, 14, and Giana, 10. He views every meal as an opportunity to broaden the girls' taste buds and pass on the values he learned growing up in his extended Italian-American family.

Take a recent Thursday night dinner. The preparations began hours earlier when he went shopping with Giana.

"We check out the vegetables, we talk about the growing season, take a nibble of an asparagus spear, and hope the produce guy doesn't slap our hands. Then we go pick out a pasta that looks interesting, and make the dish together."

Cooking with the girls brings 40-year-old Chiarello (key-a-rello) full circle to his upbringing in Turlock, a small town in California's farm belt, where his mother taught him to appreciate the pairing of pasta and great vegetables.

Money was tight, so they stretched the budget by seeking out the most abundant produce as well as foraging for wild greens and forest mushrooms.

"We talk about seasonal cooking like it's a new thing," says Chiarello, "but what's in season has always been what's most affordable."

And seasonal cooking is what Chiarello is known for on his PBS cooking series *Michael Chiarello's Napa*. The theme continues at NapaStyle, a company that includes his TV shows, a specialty foods business, and a Web site offering recipes and stories. His cookbooks include *Napa Stories* (2001), *The Tra Vigne Cookbook* (1999), *Flavored Vinegars* (1996), *Flavored Oils* (1995), and *Casual Cooking* (to be released later this year).

Little additions with big impact are the foundation of Chiarello's pasta dishes. His shelves are packed with foods he has either made or holds close to his heart. Brown bags of pasta stand ready to be combined with cans of Italian tuna, homemade pickled vegetables, home-canned tomato sauce, and jars of his favorite imported red peppers.

For example, as he and Giana worked on an asparagus-pesto pasta, he was unhappy with the lack of flavor in the produce. Into the fridge he dove, emerging with a little plastic-wrapped packet of sliced prosciutto that he quickly fried into a big-impact topping.

"I knew I'd find something to make a bridge between the seasons—the wintry prosciutto to the spring asparagus."

But Michael's enthusiasm for Italian cuisine is secondary to his real mission: Teaching people that the surest route to great food is through their heritage.

"If you're not from a family rich in tradition, start your own traditions," he says.

"A good bowl of pasta is like getting a hug from the inside."






SPRING GARLIC PESTO



pino luongo

Great pasta is only half of the recipe for a successful dinnertime at the home of Pino Luongo. The author and restaurateur works hard to create a great atmosphere—an attitude he grew up with during his boyhood in Tuscany.

"At the table, my father insisted we had to have a good time, tell jokes ... he never asked about grades. My mother's secret to keeping the family together was to put great meals on the table at both lunch and dinner."

"Cooking pasta isn't about ego, it's about sharing."

Just as it was when he was growing up, it is pasta that sets the mood and satisfies the palate when 48-year-old Luongo sits down with his wife, Jessie, and children Marcoantonio, 13, Jacobella, 12, and Lorenzo, 6.

"Pasta is a dish that's meant to be shared," he says. "It's the smell of the sauce, the cheese, the big bowl in the middle of the table, everyone serving themselves."

Food and the kitchen have always been central in Luongo's life. His professional cooking career began early; helping his mother in the kitchen was how he earned his allowance, but it was also where he learned the secret to wonderful pasta.

"In Italy, everyone learns to cook pasta dishes, everybody takes pride in shopping for food, buying the best ingredients," says the former actor, sitting at a table in one of his seven restaurants, Centolire, in Manhattan.

He has turned that knowledge into a line of specialty foods and three books: *Simply Tuscan* (2000), *Fish Talking* (1994), and *A Tuscan in the Kitchen* (1988).

In his books, he urges readers to weave the Tuscan mind-set—a deep appreciation of flavors, senses, emotions—into their lives. It is an attitude he sees making inroads here, led, of course, by Americans' passion for pasta.

"In the last 20 years, the interest in eating well and having great ingredients has grown phenomenally."





todd english

The aroma of olive oil, garlic, and onions sizzling in a pan for pasta sauce is one of chef Todd English's favorite memories of growing up—an experience he tries to re-create for his kids Oliver, 11, Isabelle, 8, and Simon, 6.

And he gets joy out of cooking for everybody's kids, not just his own, because it gives him a chance to launch them on voyages of discovery.

"One of my son Oliver's best friends came over and had never seen a pork chop before," said the restaurant owner, cooking show host, and author. "Usually I made him a grilled cheese sandwich, but one time he actually ate the pork chop. He said, 'This is amazing.' That's what it's all about, I try to give them an infusion of my passion for what I do."

"It's wonderful cooking pasta for kids; it's something they'll always remember."

The 41-year-old developed that philosophy during a long and wandering route that took him from captain of his Connecticut high school baseball team through the prestigious Culinary Institute of America, to head of a company that now operates 16 restaurants in seven states. And every destination—from the kitchens of America's great restaurants to the henhouses of the Italian countryside—helped him develop a personal style of cooking that relies on fresh local ingredients and on innovation that's deeply anchored in traditional Mediterranean cuisine.

One of his best-remembered lessons on the importance of using impeccable ingredients came from an Italian grandmother who sent him to pluck eggs from beneath roosting hens so the eggs would be as fresh as possible for her pasta. But he's practical, too. In the pantry at his home in Boston, canned beans are a staple. "I think beans are one of the great things in life," he says. "And they're cooked right." He stocks chickpeas, adzuki, red, pinto, and white beans, which he often purees into simple pasta sauces or tosses into pasta and vegetable dishes.

This approach has served him well as host of *Cooking In with Todd English* on PBS and as author of three books: *The Olives Table* (1997), *The Figs Table* (1998), and *The Olives Dessert Table* (2000).

Simplicity is something that English believes is crucial to success in pasta cooking with—or without—children in mind.

"Try not to be too fussy—the pasta should be as important as the sauce; it should never be too heavy."

And when English is cooking, he's happy to take shortcuts by using prepared foods—such as the canned beans and his favorite organic pancake mix—that make it easy for his youngsters to lend a hand and, he hopes, create memories like the ones he remembers from his childhood. "There was always some kind of cooking going on," he says.







FREE-FORM BASIL LASAGNA

Recipes begin on page 224

alfred portale

Pasta with a favorite little something on top is a secret to Alfred Portale's success in getting his daughters to enjoy dinner.

"I pair it with foods they like," says the 46-year-old chef of Gotham Bar and Grill restaurant in New York City.

Being daughters of a chef, Olympia, 13, and Victoria, 10, already have cultivated palates—they enjoy braised lamb shanks and seared rare tuna, but they also love chicken breasts. When his girls were younger, however, he was not above trickery to make food fun.

"I used to stack things up like towers," he says. He also let them play chef by giving them plain pasta and setting out a variety of little bowls full of grilled vegetables, meats, and sauces for them to mix and match on top. "It gives them the control," he says, "and that really works."

Though Portale (por-TAL-ee) uses his restaurant magic at home, cooking for family is different from being chef of one of America's most critically acclaimed restaurants.

"With my children, I'm trying to expand their horizons. I talk about how to taste, about the texture and flavor, and when one kid is eating too fast, I stop her and teach her to savor her food," he says. "Otherwise you're going to be a person who just stuffs two slices of pizza in his mouth while he's walking down the street and that's dinner."

Portale started in the kitchen by helping his mother—a great cook. His jobs for her revolved around major cooking projects. "We canned tomatoes, peaches, and pears, and we'd make huge batches of ravioli, enough for a dozen meals," he says.

If he had stayed with an earlier food-related interest, he might own a bakery now. "In high school, I enrolled in Home Ec to meet girls, and we'd invite them over to make chocolate chip cookies."

Portale trained first as a jewelry designer, then enrolled at the Culinary Institute of America, graduating first in his class. After stints in other restaurants, he became chef at Gotham in 1984. He offers up lessons from two decades in the kitchen in his books *The Gotham Bar and Grill Cookbook* (1997) and *The 12 Seasons Cookbook* (2000).

"Pasta is the consummate comfort food. It's easy, it's versatile, it's satisfying."

While he prides himself on constant innovation, he balances that with a keen sense of when to leave well enough alone.

His Chicken Soup with Ham and Orzo (see recipe, *page 225*) is an old family recipe.

"It's the same soup my kids got at their grandmother's house. I've never tried to change it."

For fresh pasta ideas, visit us online at www.bhg.com/pasta



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Chefs' Pasta

continued from page 216

Orecchiette with Pancetta and Broccoli Rabe

Pancetta is unsmoked Italian bacon. To prepare broccoli rabe, trim away any wilted leaves and the woody ends of stems.

Start to finish: 35 minutes

- 4 oz. pancetta, coarsely chopped
- 6 oz. dried orecchiette pasta (1¾ cups) or small shells
- 2 tsp. olive oil
- 4 cloves minced fresh garlic
- ¼ tsp. crushed red pepper
- 3 cups cut-up broccoli rabe or broccoli
- ⅓ cup reduced-sodium chicken broth
- ¼ cup pitted Greek black olives or pitted ripe olives, or 2 Tbsp. drained capers or caper berries
- ¼ cup finely shredded Parmesan cheese

1. In a large (10-inch) skillet cook the pancetta over medium heat about 10 minutes or until browned and crisp. Drain on paper towels, reserving 1 tablespoon drippings in skillet. Set aside.

2. Cook pasta according to package directions. Drain; return to pan. Toss with olive oil; cover and keep warm.

3. In the same skillet heat the reserved drippings over medium heat. Add garlic and crushed red pepper; cook and stir 30 seconds. Add broccoli rabe or broccoli, and broth. Bring to boiling; reduce heat. Cover and simmer for 3 minutes or until broccoli rabe is tender. Stir in pancetta and olives or capers; heat through. Add broccoli rabe mixture to pasta in saucepan. Add half of the Parmesan cheese and toss to combine. Transfer to a serving dish. Sprinkle with remaining cheese. Makes 6 side-dish servings.

Nutrition facts per serving: 211 cal., 9 g total fat (3 g sat. fat), 11 mg chol., 244 mg sodium, 25 g carbo., 2 g fiber, 8 g pro. Daily Values: 14% vit. A, 59% vit. C, 7% calcium, 7% iron.

Success with these recipes starts with great basics. Nothing is more fundamental than salt and pepper.

"Change your salt, and your cooking gets 10 percent better overnight," says chef Michael Chiarello.

Stepping up to a better grade of salt is easy and not expensive. Look either for kosher salt or for words on the label like "sea salt" or "fleur de sel." The flavor, while still salty, tends to be slightly brighter than regular table salt. The grains are usually coarser, which makes them easier to sprinkle evenly. Start out by using less than you usually do and work your way up to a level you prefer.

Freshly ground pepper is also easy to come by, whole peppercorns in jars with built-in grinders are available on supermarket spice shelves.

Pork and Porcini Bolognese

You can substitute dried fettuccine for the refrigerated pasta.

Start to finish: 45 minutes

- 8 cups water
- 2¼ tsp. sea salt or salt (divided use)
- 1 oz. dried porcini mushrooms
- 1 bunch escarole, core removed, or 8 cups fresh spinach
- 12 oz. bulk pork sausage
- ½ cup chopped onion
- 6 cloves minced fresh garlic
- 1 Tbsp. snipped fresh sage
- ⅓ cup dry white wine
- ¾ cup beef broth
- ½ cup purchased chunky marinara sauce
- 1 Tbsp. snipped fresh parsley
- 1 Tbsp. olive oil
- ¼ tsp. freshly ground pepper
- 2 9-oz. pkgs. refrigerated tagliatelle or fettuccine
- ⅓ cup shaved Parmesan cheese

1. In a 4-quart Dutch oven or large pot bring the 8 cups of water and 2 teaspoons of the salt to boiling. Place mushrooms in a small bowl; add 1 cup of the boiling water. Let stand 15 minutes.

2. Meanwhile, add escarole or spinach to the remaining boiling water. Return water to boiling; immediately drain escarole or spinach in a colander and rinse with cold water. Drain well, pressing out extra liquid. Chop greens and set aside. Drain mushrooms, reserving 2 tablespoons of the liquid. Chop mushrooms; set mushrooms and liquid aside.

3. In a large skillet cook sausage, onion, garlic, and sage until meat is browned, stirring to break up sausage. Drain off fat. Stir in white wine and reserved mushroom liquid. Bring to boiling; reduce heat. Boil gently, uncovered, about 7 minutes or until most of the liquid is evaporated. Add broth, marinara sauce, parsley, oil, pepper, and remaining ¼ teaspoon salt. Bring to boiling; reduce heat. Simmer, uncovered, 2 minutes.

4. Meanwhile, cook pasta in the Dutch oven or pot according to package directions using fresh water. Reserve ¼ cup pasta water and drain pasta. Add pasta water, mushrooms, and cooked escarole or spinach to pork mixture. Heat through; spoon over cooked pasta. Toss before serving. Top with Parmesan cheese. Makes 4 to 6 main-dish servings.

Nutrition facts per serving: 809 cal., 35 g total fat (14 g sat. fat), 192 mg chol., 1,032 mg sodium, 84 g carbo., 8 g fiber, 32 g pro. Daily Values: 47% vit. A, 23% vit. C, 21% calcium, 27% iron.

Spring Garlic Pesto

This is a milder version of regular pesto. Spring garlic is garlic that has been picked when the plant is young and the flavor is mild. Look for it from February through the end of spring.

Start to finish: 35 minutes

- 15 cloves garlic or 6 oz. spring garlic
- ⅓ cup fresh basil leaves
- ¾ cup olive oil

continued on page 221

Mmm, the proof is in the pudding.



Strawberry Vanilla Shortcut

Prep: 15 minutes

1-1/2 cup cold milk
1 pkg. (4-serving size) JELL-O® Vanilla Flavor Instant Pudding
1 tub (8 oz.) COOL WHIP® Whipped Topping, thawed
1 pkg. (12 oz.) pound cake, cut into 14 slices
1 pt. strawberries, sliced and sweetened

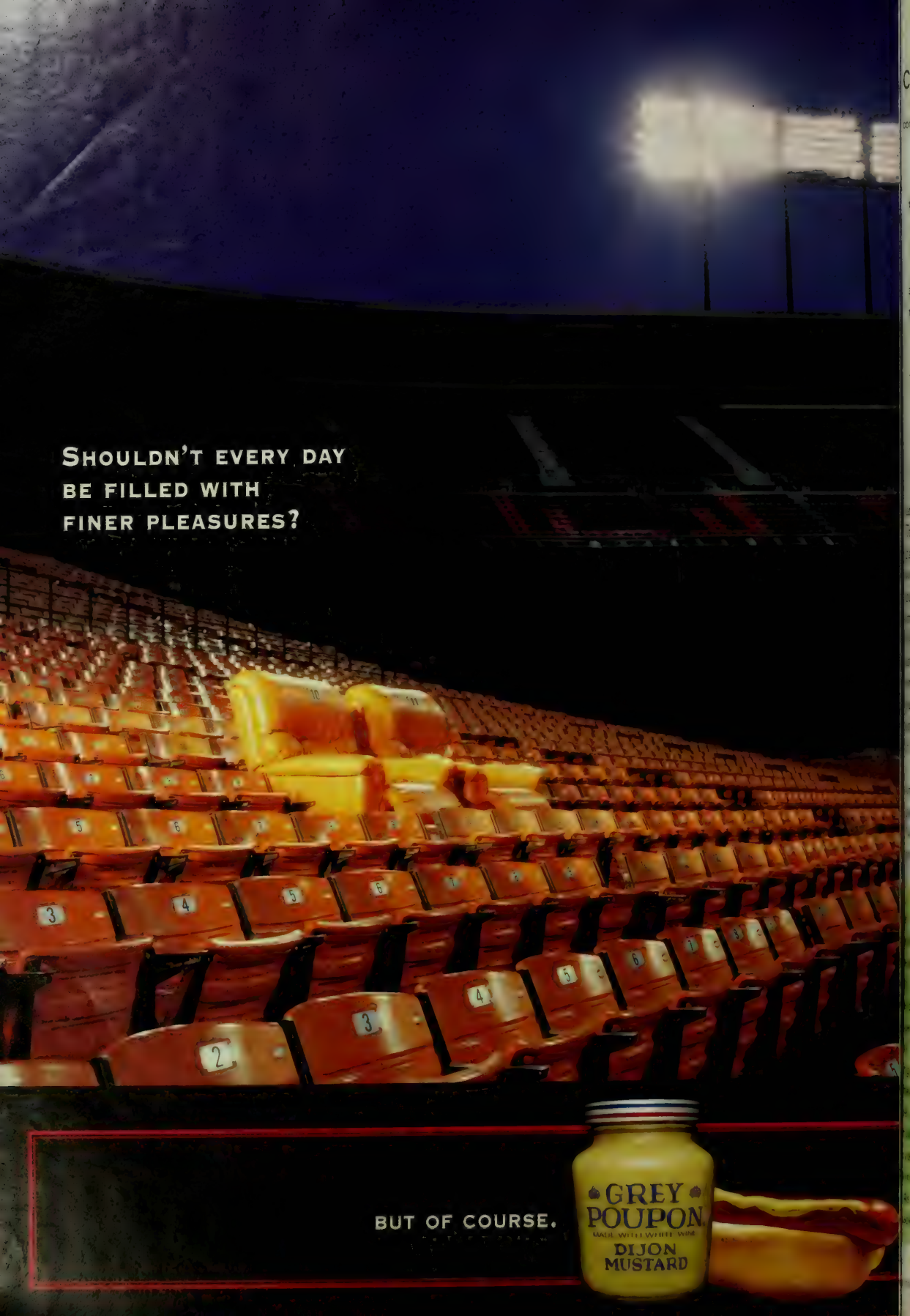
COMBINE milk and pudding in large bowl. Beat with wire whisk until well blended. Gently stir in 1 cup of COOL WHIP.

LAYER pound cake, strawberries, and pudding.

TOP with additional cake, strawberries, and COOL WHIP.

Makes 7 servings.

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SHOULDN'T EVERY DAY
BE FILLED WITH
FINER PLEASURES?
BUT OF COURSE.
GREY POUPON
MADE WITH WHITE WINE
DIJON MUSTARD

Chefs' Pasta

continued from page 218

- ⅓ cup pine nuts, toasted
- 4 tsp. finely shredded pecorino Romano (a hard sheep's milk cheese) or Parmesan cheese
- ¾ tsp. sea salt or salt
- ⅛ tsp. freshly ground black pepper
- 1 Tbsp. olive oil
- 1 lb. perciatelli or spaghetti
- ¼ cup freshly grated pecorino Romano or Parmesan cheese
- Small basil leaves
- Basil flowers

1. Bring a 4-quart Dutch oven or arge pot of salted water to boiling. Trim off the green part of the spring garlic, if using. Add the garlic to the water and cook for 8 minutes. Remove garlic with a slotted spoon and mmerse in a bowl of ice water. Add the ⅓ cup basil leaves to the boiling water ınd cook for 5 seconds; remove basil vith a slotted spoon and drain well on paper towels. Peel garlic when cool enough to handle. Don't drain water; t is used for cooking pasta.

2. For pesto, in a blender container or food processor bowl combine the garlic, briefly cooked basil, and the ¼ cup olive oil; cover and blend or process until just combined. Add

A ALTERNATIVES

n you're shopping for the pastas d for in these recipes, what you find e store may not look like the photos. s because pasta makers give the pasta different names. What one penne, another can label mostaccioli. e solution is to approach pasta g with a spirit of adventure. "Using ferent shape of pasta can give a e a whole new appeal," says Liz iller of Dakota Growers Pasta Co. y a shape and size that looks similar, on't worry about getting an identical As long as you cook it according to ackage directions, you'll be fine.

2 tablespoons of the pine nuts, the 4 teaspoons cheese, salt, and pepper. Cover and blend or process mixture until nearly smooth.

3. Meanwhile, add the 1 tablespoon of olive oil to the boiling water in which garlic and basil were cooked. Add pasta and cook according to package directions. Drain and return to pot. Toss with the pesto mixture. Transfer to a serving bowl. Sprinkle with the ¼ cup cheese, the remaining pine nuts, the small basil leaves, and basil flowers. Makes 6 to 8 side-dish servings.

Nutrition facts per serving: 461 cal., 27 g total fat (4 g sat. fat), 3 mg chol., 193 mg sodium, 46 g carbo., 2 g fiber, 10 g pro. Daily Values: 6% vit. A, 5% vit. C, 7% calcium, 15% iron.

Pappardelle ala Pepolino

To turn this recipe into a main dish, add cooked shrimp or cooked tuna just before heating through.

Start to finish: 40 minutes

- 8 plum tomatoes, halved lengthwise
- 3 Tbsp. olive oil
- Salt and freshly ground black pepper
- 12 oz. dried pappardelle, mafalda, or fettuccine pasta
- 1 clove garlic, minced
- 1 8-oz. can tomato sauce
- 1 Tbsp. snipped fresh thyme
- ¼ tsp. crushed red pepper
- ¼ tsp. freshly ground black pepper
- ¼ cup coarsely shaved pecorino Romano or Parmesan cheese*

1. Preheat oven to 450° F. To roast tomatoes, line a 15×10×1-inch baking pan with foil. Place tomatoes, cut side up, in prepared pan. Drizzle with 1 tablespoon of the oil and sprinkle with salt and pepper. Roast, uncovered, for 20 to 25 minutes or until bottoms of tomatoes are dark brown. Remove from pan and carefully halve each piece.

2. Meanwhile, cook pasta according to package directions; drain and set

continued on page 222





Chefs' Pasta

continued from page 221

aside. In the same pan cook garlic in remaining 2 tablespoons olive oil for 30 seconds. Stir in tomato sauce, half of the thyme, and crushed red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes. Add pasta, roasted tomatoes, remaining thyme, and ¼ teaspoon black pepper. Heat through. Season to taste with additional salt and pepper. Transfer to serving dish. Sprinkle with cheese. Makes 8 side-dish or 4 main-dish servings.

*Note: To shave cheese into strips, draw a vegetable peeler over the block of cheese.

Nutrition facts per side-dish serving: 234 cal., 7 g total fat (1 g sat. fat), 2 mg chol., 248 mg sodium, 36 g carbo., 2 g fiber, and 7 g pro. Daily Values: 7% vit. A, 19% vit. C, 4% calcium, and 10% iron.

Fettuccine with Baby Artichokes and Shrimp

Fresh baby artichokes are available mid-March through May.

Prep: 30 minutes **Cook:** 20 minutes

- 8 oz. dried fettuccine or spaghetti
- 8 baby artichokes or one 9-oz. pkg. frozen artichoke hearts, thawed and halved lengthwise
- 4 cloves garlic, minced
- 3 Tbsp. olive oil
- 1 lb. shrimp in shells, peeled and deveined (reserve shells for broth)
- ½ cup dry white wine
- 2 plum tomatoes, finely chopped
- 1 cup Shrimp Broth (see recipe, *page 223*)
- 1 Tbsp. butter
- 1 tsp. finely shredded lemon peel
- ½ tsp. salt
- ½ tsp. ground nutmeg
- 1 Tbsp. snipped fresh flat-leaf parsley
- 4 slices Italian country bread or other hearty bread, toasted

Lemon halves and/or wedges

1. Cook pasta according to package directions; drain and set aside.

2. Meanwhile, cut off bases of baby artichokes, if using. Snap off outer leaves until pale green petals are reached. Cut off top third of an artichoke; trim the artichoke stem. Quarter artichoke lengthwise and remove fuzzy "choke," if necessary. Repeat with remaining artichokes.

3. In a large skillet cook garlic in 2 tablespoons of the hot olive oil for 30 seconds; remove from skillet. Add

rtichokes to skillet and cook for minute. Add shrimp and wine to killet. Cook and stir for 2 minutes. tir in tomatoes, broth, butter, lemon eel, salt, nutmeg and cooked pasta; eat through. Mix in the parsley and rizzle with remaining olive oil.

4. To serve, place bread slices in shallow soup bowls. With a slotted poon, divide pasta mixture among owls. Add additional shrimp broth s desired. Squeeze lemon over pasta ixture. Makes 4 main-dish servings.

Shrimp Broth: In a large saucepan ombine 3 cups of water, the reserved hells from the 1 pound of shrimp, sprigs flat-leaf parsley, 1 slice lemon, nd ¼ teaspoon pepper. Bring to oiling over high heat, reduce heat. immer, uncovered, for 10 minutes. train and set aside for serving time.

Nutrition facts per serving: 564 al., 17 g total fat (4 g sat. fat), 37 mg chol., 477 mg sodium, 66 g carbo., 6 g fiber, 30 g pro. Daily Values: 10% vit. A, 21% vit. C, 12% calcium, 28% iron.

MICROPLANE ZESTER/GRATER



Grated cheese plays a big role in recipes like these. The **Microplane Zester/Grater** from Grace Manufacturing is a stainless-steel, razor-sharp grater that shaves fresh ingredients rather than ripping or shredding them. The surface measures 8×1 inches with raised edges for measuring. An ergonomically designed handle makes the tool easy to use. The price is $24.95, which includes shipping, handling, and sales tax. **TO ORDER** with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. Or visit www.bhgcatalog.com.

White Beans, Spiral Pasta, and Lobster

This dish works well with any firm-fleshed white fish or, if you prefer, substitute peeled cooked shrimp.

Start to finish: 30 minutes

- 8 oz. dried cavatappi, fusilli, or rotini (corkscrew noodles)
- 1 15- to 19-oz. can cannellini (white kidney) beans, rinsed and drained
- ½ cup chicken broth
- 3 cloves garlic, thinly sliced
- 1 Tbsp. olive oil
- 6 plum tomatoes, coarsely chopped (about 2 cups)
- 12 oz. cooked lobster,* or 12 oz. fresh or frozen cod fillets, cooked and cut into 1-inch pieces

continued on page 224



Chefs' Pasta

continued from page 223

- ¼ cup snipped flat-leaf parsley
- ½ to 1 tsp. cracked black pepper
- ½ tsp. salt
- Fresh flat-leaf parsley sprigs (optional)
- Olive oil (optional)

1. Cook pasta according to package directions; drain and set aside.

2. In a blender container or food processor bowl combine ¾ cup of the drained beans and the chicken broth; cover and blend or process until smooth. Add to the pan used for cooking the pasta; bring to boiling. Return pasta to pan.

3. Meanwhile, in a large skillet cook garlic in 1 tablespoon hot olive oil for 1 minute. Add tomatoes; cook 1 minute. Add remaining beans, lobster, snipped parsley, pepper, and salt. Heat through.

4. Add tomato mixture to hot pasta; toss to coat. Serve immediately. Top with parsley sprigs and additional olive oil. Makes 3 or 4 main-dish servings.

*Note: If cooked lobster is not available, cook 3 lobster tails; remove meat from shells and cut up. (To broil lobster, use a large knife to cut through top shell, cutting just to bottom shell; press lobster open. Place, cut side up, on broiler pan. Brush with melted butter if desired. Broil 4 to 5 inches from heat for 12 to 15 minutes or until meat is opaque.)

Nutrition facts per serving: 602 cal., 9 g total fat (1 g sat. fat), 102 mg chol., 1,051 mg sodium, 87 g carbo., 10 g fiber, 49 g pro. Daily Values: 26% vit. A, 66% vit. C, 14% calcium, 37% iron.

Free-Form Basil Lasagna

If you have no pasta machine and you're a very patient person, you can roll the homemade lasagna with a rolling pin on a lightly floured surface. Otherwise, use dried lasagna noodles*. (Instructions to substitute are at the end of the recipe.)



As part of his Tuscan philosophy of cooking, Pino Luongo believes the ingredients in a recipe should cook only until the flavors have developed and rounded. Consider, for instance, his recipe for tomato sauce that he makes when fresh tomatoes are not at their best.

He insists that the sauce must be made with canned tomatoes imported from Italy and must never be overcooked.

"You cook it 10 minutes and not a minute longer," Luongo says. The recipe also puts into practice his views on the importance of removing garlic after it has been cooked. "It has flavored the oil, it's exhausted, why leave it in?"

Pino Luongo's Quick Tomato Sauce

Prep: 5 minutes **Cook:** 15 minutes

- 8 oz. dry pasta
- 1 28-oz. can whole tomatoes
- 3 Tbsp. snipped fresh basil
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- ¼ tsp. salt
- ¼ tsp. freshly ground black pepper

1. Cook pasta according to manufacturer's directions. Meanwhile, in a food processor bowl or blender container puree the undrained tomatoes. Add the snipped basil. In a medium skillet cook garlic in hot olive oil over medium heat until garlic is just lightly browned. Remove garlic using a slotted spoon or spatula. Add salt and pepper to oil. Add pureed tomatoes. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes. Remove from heat. Serve immediately over cooked pasta. Makes 3 cups, enough for 4 to 6 main-dish servings of pasta.

Nutrition facts per ¾ cup of sauce: 98 cal., 7 g total fat (1 g sat. fat), 0 mg chol., 439 mg sodium, 9 g carbo., 2 g fiber, and 2 g pro.

Prep: 1 hour **Bake:** 30 minutes
Roast: 50 minutes

- 1 cup unbleached all-purpose flour or all-purpose flour
- ⅛ tsp. salt
- 1 egg
- 2 Tbsp. water
- 1 tsp. olive oil
- 8 oz. fresh mozzarella cheese, cubed
- 6 oz. fontina cheese, shredded
- ½ cup ricotta cheese
- ½ cup finely shredded Parmesan cheese
- ½ cup snipped fresh basil or ¼ cup snipped fresh oregano or sage
- ⅛ tsp. freshly ground black pepper
- 1 recipe Roasted Tomato Sauce or 2¼ cups purchased meatless spaghetti sauce
- Fresh sage sprigs (optional)

1. For pasta, in a medium bowl combine flour and salt. In a small bowl beat together egg, water, and olive oil. Pour egg mixture all at once into flour mixture. Stir until combined. Knead dough on a lightly floured surface until smooth and elastic (8 to 10 minutes). Cover and let the dough rest for 10 minutes.

2. For filling, in a large bowl stir together cheeses, desired herb, and pepper; set aside.

3. Preheat oven to 350° F. Divide dough into 5 pieces. Roll each piece of dough out in a pasta machine according to the manufacturer's directions. Sheets should be 15×4½ inches. Trim each pasta sheet to a 12×4-inch rectangle. Place ⅔ cup of the cheese filling on each pasta sheet and spread evenly over sheet, leaving about a 1-inch border along the long sides. Fold the two long sides over the edges of the filling, then, with the sides in place, roll up to form a packet that encases the filling. Place filled packets in individual au gratin dishes or shallow casseroles. Top each packet with about ½ cup of Roasted Tomato Sauce or purchased

continued on page 225


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The 2002 Working Mother of the Year



Dr. Sharon Ames-Dennard and her children Nefetari, age 10, Malek, age 5, and Nzinga, age 8.

We are proud to congratulate Dr. Sharon Ames-Dennard, a 40-year-old working mother from Tallahassee, Florida who is living proof that with hard work, dedication and commitment, no goal is impossible to reach.

Sharon grew up in rural Virginia working in the fields alongside her parents. She knew education was her ticket out of an environment where the only jobs open to women were in the fields or factories. Sharon earned a bachelor's degree in psychology at Virginia Commonwealth University then went on to earn masters and doctorate degrees in clinical psychology at Florida State University. For the past 10 years, Sharon has been a practicing psychologist, but that's not all. Her accomplishments include:

Running a community-based mental health center;

Creating "Math Power!" a Saturday workshop for elementary school-aged children;

Starting a summer program that grew into an independent school for grades Pre-K to 8.



Sharon and her husband Dana O. Dennard, Ph.D.

Despite her busy schedule, Sharon's proud husband says she still manages to carve out plenty of time to provide tender loving care to him and their three children.

The Clorox Company would like to lighten her load by presenting Sharon with a revolutionary Maytag Neptune™ washer and dryer. The Neptune™ washer uses nearly 40% less water and 65% less energy.

In addition, a selection of 300 award-winning Reader's Digest children's books will be presented to Sharon's school compliments of Reader's Digest and Clorox.

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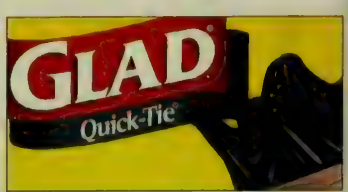
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Chefs' Pasta

continued from page 224

spaghetti sauce, covering the pasta. Bake, uncovered, about 30 minutes or until sauce is bubbly. Top with sage. Makes 5 main-dish servings.

Roasted Tomato Sauce: Preheat oven to 375° F. In a large roasting pan toss together 1½ pounds tomatoes, cored and halved; ⅓ cup water or chicken broth; 1 medium onion, sliced; ¼ cup whole fresh basil leaves; 2 tablespoons cooking oil or olive oil; 1 teaspoon kosher salt; and ¼ to ½ teaspoon ground black pepper.

Bake 50 minutes until tomato skins are slightly charred. Remove from oven; cool slightly. With a slotted spoon remove tomatoes from pan. Coarsely chop. In a large bowl combine chopped tomatoes, and the juices and herbs from the pan. Cover; chill until ready to use. Makes 2¼ cups.

*Note: Use 10 dry lasagna noodles instead of fresh pasta, if desired. Cook noodles according to package directions; drain well and cool. Spread about ⅓ cup filling on each noodle; roll up from a short side and place two rolls, seam side down, in each au gratin dish. Cover with sauce, being very careful to cover edges or they will dry out. Bake as above.

Nutrition facts per serving: 540 cal., 34 g total fat (17 g sat. fat), 139 mg chol., 1,046 mg sodium, 29 g carbo., 3 g fiber, and 29 g pro. Daily Values: 41% vit. A, 37% vit. C, 60% calcium, and 13% iron.

Fusilli with Prosciutto and Fava Beans

Herbed Garlic Butter may be prepared up to a week in advance and frozen.

Start to finish: 25 minutes

- 12 oz. fusilli or bow-tie pasta
- 1 recipe Herbed Garlic Butter (see recipe, *right*)
- 1 19-oz. can fava or cannellini (white kidney) beans, rinsed and drained
- 2 cups grape tomatoes or halved cherry tomatoes
- 4 oz. thinly sliced prosciutto, torn into bite-size pieces
- ¼ cup coarsely shredded pecorino Toscano cheese or grated Parmesan cheese
- 1½ cups loosely packed torn arugula or watercress
- 3 Tbsp. snipped fresh chives
- Coarse salt and freshly ground white pepper to taste
- Additional coarsely shredded pecorino Toscano, pecorino Romano, or grated Parmesan cheese

1. In a 4-quart Dutch oven cook pasta in 3 quarts of lightly salted boiling water according to package directions. Just before draining pasta, remove ½ cup of the pasta cooking water and set aside. Drain pasta; return to warm pan.

2. Immediately add Herbed Garlic Butter to pasta along with beans, tomatoes, prosciutto, and the ¼ cup cheese. Gradually add ⅓ to ½ cup of the reserved cooking liquid while tossing constantly over low heat, as the butter and cheese melt to form a sauce. Add the arugula and chives and toss again. Season to taste with salt and pepper. Serve immediately. Top with additional finely shredded cheese. Makes 8 main-dish servings.

Herbed Garlic Butter: In a small bowl stir together until smooth ⅓ cup softened butter; 4 cloves garlic, minced; 2 teaspoons snipped fresh thyme; 1 teaspoon lemon juice; and ¼ teaspoon freshly ground black pepper. Wrap tightly and refrigerate until ready to use.

Nutrition facts per serving: 331 cal., 12 g total fat (6 g sat. fat), 74 mg chol., 722 mg sodium, 41 g carbo., 8 g fiber, 15 g pro. Daily Values: 15% vit. A, 22% vit. C, 8% calcium, 11% iron.



Chicken Soup with Ham and Orzo

Start to finish: 35 minutes

Chef Portale suggests drizzling each portion with extra-virgin olive oil.

- 7 cups White Chicken Stock (see recipe, *page 226*) or four 14-oz. cans reduced-sodium chicken broth
- 2 chicken breast halves (1 lb.)
- 1 cup dried orzo or rosamarina (small, rice-shaped pasta)
- ¾ lb. asparagus spears
- 4 cups lightly packed, thinly sliced Swiss chard leaves
- 4 plum tomatoes, seeded and chopped
- 2 oz. cooked smoked ham, cut into ½-inch cubes
- Coarse salt
- Freshly ground black pepper
- Snipped fresh chives
- Snipped fresh flat-leaf parsley

1. In a 4-quart Dutch oven combine White Chicken Stock or broth and chicken. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes or until chicken is no longer pink. Remove chicken from broth; cool slightly. Discard skin and bones. Shred chicken into bite-size pieces.

2. Return broth to boiling; add orzo. Return to boiling; reduce heat. Cook, uncovered, for 7 minutes. Meanwhile, wash asparagus; break off

continued on page 226

Chefs' Pasta

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woody bases where spears snap easily. Cut asparagus diagonally into 1½-inch pieces. Add asparagus to broth in Dutch oven. Cook 3 minutes more.

3. Stir Swiss chard, tomatoes, ham, and shredded cooked chicken into Dutch oven. Heat through. Season to taste with salt and pepper.

4. To serve, top individual portions with snipped chives and parsley. Makes 6 servings.

Nutrition facts per serving: 286 cal., 8 g total fat (2 g sat. fat), 44 mg chol., 1,115 mg sodium, 26 g carbo., 2 g fiber, 25 g pro. Daily Values: 25% vit. A, 32% vit. C, 4% calcium, 6% iron.

White Chicken Stock
Prep: 45 minutes **Cook:** 6 hours

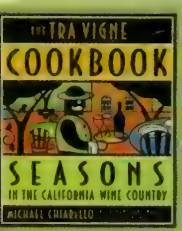
- 6 lbs. chicken bones, cut up (substitute wings if bones or carcasses are unavailable)
- 4 quarts cold water
- 1 large onion, chopped
- 1 small carrot, coarsely chopped
- 1 small stalk celery
- 1 bulb garlic, halved crosswise
- 2 sprigs fresh thyme
- 2 sprigs fresh flat-leaf parsley
- 1 tsp. whole peppercorns
- 1 bay leaf

1. In a very large pot combine chicken and water (water should cover chicken by about 2 inches) over medium heat.

2. Bring to boiling. Skim any foam that rises to the surface. Add remaining ingredients; reduce heat. Simmer, uncovered, about 6 hours.

3. Strain stock through a sieve into a large bowl. Cool completely, cover and refrigerate. Skim off and discard fat on the surface. Makes 15 cups.

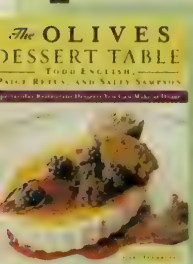
For more great recipes from our featured chefs, try these cookbooks.



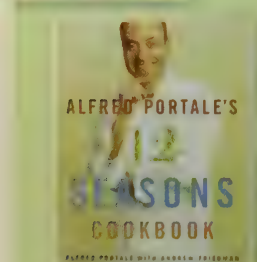
Michael Chiarello's ***The Tra Vigne Cookbook: Seasons in the California Wine Country*** is a behind-the-scenes look at recipes featured in his Napa Valley restaurant. Lush photos and a contemporary design show off such seasonal dishes as Roasted Asparagus, Pumpkin Polenta, and Italian Holiday Cookies. From Chronicle Books, the 215-page hardcover book costs $41.95, which includes shipping, handling, and applicable sales tax.



Pino Luongo's ***Simply Tuscan*** shares the cooking of the author's native land and helps to satisfy America's appetite for all things Tuscan. Recipes include Upside-Down Warm Apple Tart, Trout Roasted Porchetta-Style, and Carrot and Apple Puree. From Random House, the 292-page hardcover costs $47.95, which includes shipping, handling, and applicable sales tax.



Todd English became a star in the culinary world with his distinctive style of layering flavors and textures. ***The Olives Dessert Table*** is not a cookbook for those fearful of fat or short on time. Desserts such as Mango Tarte Tatin with Pastry Cream and Chocolate Pastry or Blue Cheese Danish with Port-Poached Pears combine familiar and comfortable flavors in unique and unexpected ways. From Simon and Schuster, the 256-page hardcover costs $41.95, which includes shipping, handling, and applicable sales tax.



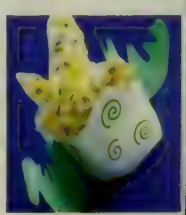
Alfred Portale's ***12 Seasons Cookbook*** takes the home cook on a journey through the year in food. Using the best of seasonal ingredients, Portale includes recipes for Lamb Chops and Truffled Mashed Potatoes, Grilled Soft-Shell Crabs with Asparagus, and Coconut Panna Cotta. From Random House, the 400-page hardcover costs $52.95, which includes shipping, handling, and applicable sales tax.

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continued from "May Baskets," page 280

Almond Bark Dinosaur Spikes
Prep: 25 minutes **Chill:** 30 minutes

- 1 pound vanilla-flavor candy coating or almond bark, cut up
- ¼ cup crushed green fruit-flavored hard candy
- ¼ cup chopped mixed nuts



1. Line a baking sheet with foil; set aside. Heat the candy coating in a heavy medium saucepan over low heat, stirring constantly until candy is melted and smooth. Remove from heat.

2. Pour mixture onto the prepared baking sheet. Spread to a rectangle about 10 inches long and 8 inches wide. Sprinkle with the crushed candies and nuts. Gently press candy and nuts into mixture. Chill candy 30 minutes or until firm. Use foil to lift firm candy from the baking sheet; carefully break candy into pointed pieces. Store, tightly covered, up to 2 weeks. Makes 18 ounces (16 servings).

Nutrition facts per serving: 183 cal., 10 g total fat (8 g sat. fat), 0 mg chol., 1 mg sodium, 22 g carbo., 0 g fiber, 0 g pro.



to verification). Unless playing via #2 below, the specially-marked package with the Grand Prize winning message (and only that one package) will contain a golden pouch. **2. NO PURCHASE NECESSARY:** For free Game Message & complete Official Rules (including claiming instructions), send a SASE with first-class postage affixed, to: Kraft Golden Pouch Requests, P.O. Box 4956, Blair, NE 68009-4956, to be received by 12/23/02. Limit 1 request per outer mailing envelope. Residents of VT only need not affix postage. **3. PRIZES:** (1) Grand Prize - A $50,000 check, 1:5,305,000; (100) First Prizes - A $100 check, 1:53,050; (10,000) Second Prizes - A coupon redeemable for one free 14 oz. package of Kraft® Deluxe Macaroni & Cheese ($2.59 ea.), 1:531. Total approximate retail value of all prizes is $85,900. **4. GENERAL:** Open only to U.S. residents. Claims subject to verification. Void where prohibited. Game subject to additional restrictions contained in Official Rules.

Handmade Pasta



Michael's Family Handmade Pasta
Start to finish: 1 hour

- 2½ cups all-purpose flour
- 1 tsp. gray or kosher salt
- 6 egg yolks
- 1½ Tbsp. olive oil
- 4 to 6 Tbsp. water

1. On a work surface heap flour and make a large well in the center. Sprinkle flour with salt, and put egg yolks and oil into the well. With your fingertips, mix yolks mixture into flour. Sprinkle with water, and mix with hands until it forms a ball; knead 10 minutes until dough feels smooth (it will still appear slightly lumpy). Flatten into a disc, wrap and refrigerate for 20 minutes.

2. On a lightly floured surface, roll dough to 1/16-inch-thick circle. Dust top lightly with flour. Roll up lengthwise, then cut crosswise into ¼-inch strips. Unroll and separate strips; allow to dry slightly (about 5 minutes).

3. To cook, drop pasta into a large amount of boiling salted water. Allow to cook until tender, 5 to 8 minutes. Makes 4 to 6 servings.

Nutrition facts per serving: 289 cal., 10 g total fat (2 g sat. fat), 213 mg chol., 330 mg sodium, 40 g carbo., 1 g fiber, 8 g pro.

This is one of those recipes whose joy is as much in the mixing, kneading, and rolling as it is in the delight you and your family share when you finally sit down to eat it.

Your hands, not your brain, are in charge on this job. "Pasta is a feel, not a recipe," says chef Michael Chiarello, who bases his recipe on one he helped his mother and aunts make countless times growing up.

These noodles—enriched by egg yolks—taste great with extra virgin olive oil, a shower of herbs, Parmesan cheese, and a quick tomato sauce. "Make a vinaigrette with shallots, garlic, parsley, lemon juice, basil oil, salt, and pepper, and toss in whatever's in season: zucchini, roasted peppers, or vine-ripe tomatoes," Michael says.

continued on page 230


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DIRECTIONS:

1. Get home from work late.
2. Take out as many slices as you need.
3. Toast 4-5 minutes.
4. Give your pasta pizazz.



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the better cook

continued from page 228











1. Mix. Make a large well or the ingredients will run out over the counter. Stop mixing as soon as the ingredients come together into a ball, or the dough will be tough. If the dough seems wet, add flour at the next stage as you knead.

2. Kneading. Push dough down with the heels of your hands, give it a quarter turn, fold, and do it again—for about 10 minutes. "This is the meditative side of cooking," says Michael.

3. Rolling. Patience is the key to successful rolling—steady work will get the dough to about the thickness of a penny. To help the dough relax and soften, roll each time in a different direction. If the dough shrinks back when you roll, cover with plastic wrap and let rest about 10 minutes. To prevent noodles from getting too thin on the edges, ease up on the pin as you reach the edge of the dough.

4. Slicing. After you roll up the dough, use a sharp, thin knife to cut noodles.

5. Drying. Allow the noodles to dry slightly before cooking. Part of their charm is their irregularity. "I could make them perfect," says Michael. "But what would I have gained? You want people to be able to see you took the time to make pasta."

Visit www.napastyle.com for more of Michael's recipes.



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Cookies And Ice Cream

Gather the family round to try this fondue-inspired dessert that combines the best of fudge and hot cocoa. Then pair it with homemade ice cream. What a start to the summer season!

No-Drip Chocolate Dip
Prep: 5 minutes **Cook:** 10 minutes

- 8 oz. unsweetened chocolate, chopped
- 1 14-oz. can (1¼ cups) sweetened condensed milk
- 2 Tbsp. light-colored corn syrup
- ½ cup milk
- 1 tsp. vanilla
- ½ tsp. ground cinnamon
- Milk
- Alphabet cutout cookies from your favorite recipe or the store

1. In a medium saucepan melt chopped chocolate over low heat, stirring constantly. Stir in the sweetened condensed milk and corn syrup until combined. Gradually stir in the ½ cup milk until combined. Stir in vanilla and cinnamon. Serve warm, stirring in additional milk, as necessary until of dipping consistency. Serve with cookies. Makes 2 cups.

Nutrition facts per 1 tablespoon dip: 83 cal., 5 g total fat (3 g sat. fat), 4 mg chol., 20 mg sodium, 10 g carbo., 1 g fiber, and 2 g pro. Daily Values: 1% vit. A, 1% vit. C, 5% calcium, and 3% iron.

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Luscious, Fast Fruit Desserts

With a little dressing up, you can turn fresh fruit into light, showstopper desserts that use just four ingredients or less.

by David Feder

◀ **Mango Whip**
Peel and seed two mangoes. Cut into wedges. Divide fruit into two chilled dessert bowls. In a mixing bowl beat together ¼ cup softened light cream cheese and 2 tablespoons white grape or orange juice. Spoon over mangoes. Top with chopped pistachios.





▲ **Keen Nectarine**
Scoop ⅓ cup vanilla or peach-flavored frozen yogurt (or vanilla or peach-flavored ice cream) into a chilled dessert bowl. Add one half of a pitted ripe nectarine or peach. Sprinkle with crumbled amaretti cookies or gingersnaps.

◀ **Cherry Dream**
Mound ¼ cup prepared vanilla custard, vanilla pudding, or tapioca pudding into a chilled dessert bowl. Spoon about ½ cup pitted, halved dark sweet cherries into each bowl. Drizzle with a cherry liqueur, such as kirsch.

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ty Thousand (50,000) Grand Prize winners will each receive a Taster's Choice Garden of Choice CD-ROM (ARV $20). No cash substitutions for prizes will be permitted and prizes are non-refundable except at sole of sponsor. Odds of winning depend upon the number of eligible entries received. Nestlé reserves the right to substitute prize of equal or greater value. Limit one prize per household or address. Federal, state and local the sole responsibility of the winner.

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of the winners list, print your name, complete address on a 3" x 5" card and mail it in an envelope to: "Taster's Choice Garden of Choice Sweepstakes" Winners List P.O. Box 3223, Young America, MN 55558-3223 must be received by 9/3/02. This offer may not be published elsewhere without written permission from Nestlé. Sponsored by Nestlé USA, Inc., 800 N. Brand Blvd., Glendale, CA 91203

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by Jeanne Ambrose

Micro Greens

Little lettuces mimic their mature family members in flavor—but in a sweetly mild manner. Add them to just about anything for a bite of freshness.



Red Mustard Greens

Micro Red Mustard Greens



Tatsoi

Micro Tatsoi



Mizuna

Micro Mizuna



Beet Greens

Micro Beet Greens

Red Mustard Greens—The teeny version is tangy and tender. Its horseradish-like bite gives sandwiches some snap.

Tatsoi—These small spoon-shaped leaves will remind you of Swiss chard with a little zip.

Mizuna—A jaggedy shape and a sharp-but-mellow taste make this bitsy green a dressy topper for just about anything.

Beet Greens—Its purplish-red veins and stem adds great color. These mild-mannered fellas have a very subtle beet flavor. They're delicately delicious floating on a light spring soup.

You'll see microgreens in trendy restaurants and upscale food markets. They're just basic greens snipped while the leaves are still tiny. Typically, you'll find them packaged as a mix of miniatures. Don't see them in the store? Beg your produce manager to order some. They're available year-round. Or grow your own. Call Johnny's Seeds for guidance, 207/437-4301, or check the Web site www.johnnyseeds.com and do a search for "greens."



Finally, the 'B' is as easy as the 'L' and the 'T'.



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Anytime Breadsticks

Come on, baby, do the twist. Refrigerated breadstick dough turns into rustic bakery-fresh snacks for anytime of day. Fill and roll, grab and go!

by Stephen Exel

Parmesan-Prosciutto
Spread dough with Dijon-style mustard. Layer with thinly sliced, snipped prosciutto and grated Parmesan cheese or sliced Swiss cheese.

Pile-on-Pesto
Slather dough with a generous amount of prepared pesto sauce. Add a few whole pine nuts, if you like.

Herbal Blend
Brush dough with olive oil. Heap on a handful each of coarsely chopped thyme and parsley. Drizzle top with additional olive oil. Sprinkle with coarse salt.

Trail Mix
Coat dough with honey; sprinkle with cinnamon. Press raisin-nut trail mix lightly into dough. (Some mix will fall out when you twist.) Brush top with melted butter.

Cheese-Stuffed
Brush dough with your favorite Italian salad dressing. Add fresh Parmesan cheese or spread with Boursin cheese. Spoon additional dressing on top.

Olive-Rosemary
Press pitted, chopped kalamata olives into dough. Twist to enclose olives. (Expect some olives to spill out.) Scatter top with snipped fresh rosemary.



Preheat oven according to package directions. Separate dough into strips. Fill each one up as you please (suggestions, *above right*).

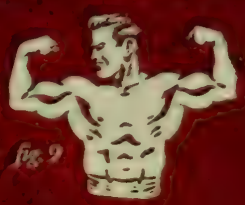


Twist the breadstick dough around the fillings. Don't worry if the breadsticks aren't perfect or if some of the filling falls out.



Place breadsticks on a baking sheet. Brush with olive oil or melted butter. Sprinkle with salt or fresh or dried herbs. Bake as package directs.

Enjoy a dash of spice and bouquet of flavor without having to say words like dash and bouquet.



Finally, a marinade from the steak guys.



Yeah, it's that important.

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A Touch of Mint

Mint can do much more than dress up a julep or a lamb chop. This flavorful, internationally popular herb is a tasty player with a variety of foods.

Mint's pronounced effect shows up immediately in dishes, making it a worthwhile last-minute stir-in. Smelling and tasting are the best ways to judge how much mint to use. Start with a small amount, then add more as needed. If a recipe calls for dried mint, substitute three times the amount of fresh.

When adding snipped fresh mint to hot mixtures, stir it in just before serving; its flavor lessens during long cooking. Try it a number of ways:

- Steep it: Add ½ cup of fresh mint leaves when you make a pot of tea.
- Soak it: Combine slightly crushed fresh mint leaves in a saucepan with 2 parts water and 1 part sugar; bring to boiling. Stir to dissolve sugar. Cool; spoon over ice cream or fresh fruit.
- Roll it: Stir together equal amounts of tahini paste and mayonnaise. Spread on top of a flour tortilla; layer with deli roast beef, mint leaves, and mesclun salad mix. Roll up and serve.

Spearmint
A mild-tasting variety, commonly found in supermarkets and garden shops.

Ginger mint
A mingling of two warm flavors.





Apple mint
Lightly scented with apple

Pineapple mint
Fragrant multicolor leaves of green and cream.





Peppermint
Widely available; a bit more pungent and peppery than spearmint.

Lime mint
Very aromatic with a full flavor.



- Whip it: Combine snipped fresh mint and cooked fresh asparagus in a blender. Add enough of the vegetable cooking water to blend until smooth. Chill for a refreshing summer soup.
- Blend it: Substitute snipped fresh mint for the fresh herbs and grated Romano cheese for the Parmesan cheese in your favorite pesto recipe.
- Toss it: Stir a generous amount of snipped fresh mint into cooked couscous with grilled chicken and vegetables. Drizzle with olive oil.

To store fresh mint, rinse it well and place the stems in a vase of water; don't immerse the leaves. The sprigs will stay fresh for 2 to 3 days at room temperature. For longer storage, place a plastic bag over the leaves and refrigerate up to a week, changing the water every two days.

Spearmint is the variety you'll find most often in the grocery store. However, the common garden types (pictured) can be used interchangeably in recipes.

AROMATIC GARDENING

When planting your garden, consider tucking in a few mint plants. This perennial is easy to grow, but it spreads quickly and can overtake a garden. Use a permanent barrier to separate it from other plants, or grow it in big pots. The flavor of mint is strongest just before it begins to flower. Pick mint early in the morning because the sun draws out some of the plant's essential oils.





Ready for Rhubarb

by Stephen Exel

Rhubarb is nature's little sweet-tart vegetable. It has a not-so-demure flavor that sends some fans into a swoon, while others just pucker up to its sassy taste.

Hothouse rhubarb (found almost year-round in grocery stores) has pink to pale red stalks. The more assertively flavored field-grown rhubarb sports ruby red stalks and is available from late winter to early summer at grocery stores and farm stands. The leaves of both varieties are highly toxic and should never be eaten.

When purchasing rhubarb, the stalks should be crisp and brightly hued. Refrigerate it tightly wrapped in plastic, and use within three days of purchase.

Rhubarb is also known as "pieplant," because of its most obvious association. Many American rhubarb pie recipes call for a strawberry-rhubarb combination—strawberries make the rhubarb a little less astringent. The British use ginger to the same effect.

Tomato-Rhubarb Chutney (*right*) takes a different direction. The tomatoes play up the inherent tartness of rhubarb; the vinegar base adds a piquant note. Serve this chutney with grilled beef or chicken, spread it on a cold pork sandwich, or top a round of Brie cheese and serve with crackers for a party hors d'oeuvre.

Tomato-Rhubarb Chutney
Prep: 20 minutes
Cook: 40 minutes

- 3 medium tomatoes, cored, seeded, and chopped (about 1½ cups)
- ⅓ cup white vinegar
- ⅓ cup chopped onion
- ⅓ cup coarsely chopped red sweet pepper
- ⅓ cup dried cherries, cranberries, or raisins
- ¼ cup granulated sugar
- ¼ cup packed brown sugar
- ¼ cup water
- 1 Tbsp. lime or lemon juice
- 1 tsp. grated fresh gingerroot or ¼ tsp. ground ginger
- 2 cloves garlic, minced
- ¼ tsp. salt
- 1 cup fresh rhubarb, cut into ½-inch pieces, or 1 cup frozen rhubarb, thawed and drained

1. In a saucepan combine all ingredients except rhubarb. Bring to boiling; reduce heat. Cover and simmer for 25 minutes, stirring occasionally. Add rhubarb. Cover and simmer for 10 minutes. Uncover. Simmer about 5 minutes more if using fresh rhubarb, or 15 minutes more if using frozen rhubarb, until thickened. Let cool. To store, cover and refrigerate up to 1 week or freeze up to 3 months. Makes about 2¾ cups.

Nutrition Facts per serving: 30 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 29 mg sodium, 8 g carbo., 0 g dietary fiber, 0 g protein. Daily Values: 0% vit. A, 11% vit. C, 1% calcium, 1% iron.



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Rules continued from Nabisco's "Spell MONEY and Win" promotion.

) PURCHASE NECESSARY. Game open only to U. S. residents. d where prohibited by law. Game starts on or about March 25, 2002, d is scheduled to end on October 31, 2002. **HOW TO PLAY.** Look for ecially marked packages of Ritz Crackers and Oreo Cookies. If you find ackage that contains all 5 letters "M," "O," "N," "E," and "Y" imprinted on cookies and crackers **and an Official Game Piece**, you win the prize icated on the Game Piece, subject to verification. Non-winning ecially marked packages WILL CONTAIN COOKIES/CRACKERS PRINTED WITH SOME, BUT NOT ALL FIVE, OF THE LETTERS IN E WORD M-O-N-E-Y AND **WILL NOT** contain a Game Piece. **IZE CLAIMS. Grand Prize**: type or print the following information on "x5" card/piece of paper: your FULL name, complete address with zip de, date of birth, and day/evening phone numbers with area codes and il along with the winning Game Piece in a business size (#10) velope to: **Spell MONEY and Smile Grand Prize Claim, P.O. Box 172, Golden Valley, MN 55427-0172. Grand prize claim must be iled via certified mail (return receipt requested) and must include ginal potential winning Game Piece.** Retain a photocopy of your me Piece for your records. **DO NOT include** specially imprinted Ritz ackers or Oreo Cookies in mailed prize claim. All prize claims must be eived by October 31, 2002. Upon verification, winners will be notified mail. **ALTERNATE METHOD OF PARTICIPATION. To participate thout purchase**, handprint your full name, complete address with zip de, date of birth, and day/evening phone numbers, with area codes, on "x5" card/piece of paper, insert into a business size (#10) envelope d mail to: Spell MONEY and Smile — Game Play Request, P.O. Box 73, Maple Plain, MN 55593-2273, to be received by September 30, 02. One game play per request; one request per outer mailing velope. No mechanical reproductions or photocopies of requests will accepted. **The independent judging organization will play for you d notify you by mail ONLY if you are a potential winner. IZES/APPROXIMATE RETAIL VALUE (ARV)/ODDS OF WINNING: TY (50) Prizes**: $10,000 U. S. Dollars awarded in the form of a check. V: $10,000 each. Odds of winning: 1: 200,000. Total ARV of all prizes 00,000. **CONDITIONS ON PRIZES.** Potential winners will be required execute and return an Affidavit of Eligibility, Release of Liability and a blicity Release, where legal, within 14 days of date on congratulatory er. Documents must be executed by the parent or legal guardian, if ner is a minor. Failure to return all executed documents within the otted time may result in disqualification and prize forfeiture. All taxes prizes are solely the responsibility of prize winners. Prizes will be arded within 8-10 weeks after verification of prize claim. Unclaimed zes will NOT be awarded. **VERIFICATION.** All Game Pieces are ject to verification. Game Pieces are void and will be rejected if not tained through authorized, legitimate channels or if any part is illegible, tilated, altered, counterfeited or tampered with in any way, or if terials contain printing, production, typographical, mechanical or other ors. If because of error (or for any other reason) there are more prize ms than prizes offered as stated in these Official Rules, a random awing will be held from among all eligible claimants to award only the mber of prizes as stated in these Official Rules. In no event will more n the stated number of prizes be made available to be won in the me. Any attempt to defraud Sponsor, or the official judging agency in y way will be prosecuted to the fullest extent of the law and person(s) empting same will be disqualified and ineligible for prizes. **IGIBILITY.** The following categories of persons are not eligible to rticipate or win: employees of Sponsor, its advertising and promotion encies and their respective parent companies, affiliates, subsidiaries, es representatives or distributors and persons who are members of the mediate family or who reside in the same household as persons in any of above categories. **CONDITIONS OF PARTICIPATION.** By participating, rticipants agree to abide by and be bound by the Official Rules and all cisions of the judges, which are final and binding in all respects. ceptance of prize offered constitutes permission to use winner's name d/or likeness for advertising/trade purposes without further compensation, ess prohibited by law. 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Win Money and Prizes

Prize Tested Recipes® (see page 247)

Your original recipe could be worth up to $400 and net you a kitchen full of new appliances. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

One Annual Grand Prize: GE Profile Appliances (refrigerator, dishwasher, microwave oven, and range or cooktop/oven; approximate retail value: $5,000)

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

December 2002 Categories: Holiday Ham: What kind of ham do you prepare for the holidays: bone-in or boneless? Describe how you make it special. Maybe you add a spicy curry glaze or a peppery or seeded coating. Or do you serve the ham with a festive cranberry sauce or elegant onion relish?

Festive Party Cheesecakes: From appetizers to desserts, share your cheesecake favorite. Consider using special cheeses, herbs, vegetables, fruit toppings, or crumb crusts to make your cheesecake one of a kind. Do you include candy or chocolate in the filling and cookies or spices in the crust? Baked cheesecakes as well as no-bake varieties are welcome.

This Month's Winners — Pages 247 and 248

$400 Winners: Julia Grover, Tucson, Ariz.; Viv Raives, Cambria, Calif. $200 Winners: Camilla Sorenson, Ada, Minn.; Margaret Pache, Mesa, Ariz. $50 Honor Roll Winners: AnnMarie Bedard, Danvers, Mass.; Bonnie Bootz, Scottsdale, Ariz.; Erin M. Braus, Santa Monica, Calif.; Pam Kasl, Lincoln, Neb.; Gina Landucci, Madison, Wis.; Pamila S. Nelson, Lansing, Mich.; Muriel J. Parent, York, Pa.; Cindy Wampler, San Jose, Calif.; Anne Williams, South Burlington, Vt.; Lisa Zipp, Wheatfield, N.Y.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Holiday Ham" or "Cheesecakes." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0212 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by May 23, 2002, and received by May 31, 2002. E-mail entries must be posted by 11:59 p.m., EDT, May 23, 2002. 5. Monthly winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. The annual grand prize winner will be selected from the year 2002's top winners on or about October 1, 2002, and will be notified by mail. The grand prize winner will choose up to $5,000 worth of GE Profile appliances from a local dealer at the dealer's then-current retail prices. Any applicable sales tax, delivery charges, or additional costs will be included in the $5,000 prize. Cash will not be offered in lieu of prizes. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

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see page 244 for details



$400 winner Bagel, Lox, and Egg Strata

Viv Raives, Cambria, Calif.,
in the Egg Stratas and Casseroles Category, May 2002

- ¼ cup butter or margarine, melted
- 8 cups plain bagels cut into bite-size pieces (4 to 6 bagels)
- 1 3-oz. pkg. thinly sliced smoked salmon (lox-style), cut into small pieces
- 8 oz. Swiss cheese or Monterey Jack cheese, shredded (2 cups)
- ¼ cup snipped fresh chives
- 8 eggs, beaten
- 2 cups milk
- 1 cup cottage cheese
- ¼ tsp. pepper

Place melted butter in a 3-quart rectangular baking dish, spreading to cover the bottom. Spread bagel pieces evenly in prepared dish. Sprinkle lox, cheese, and chives evenly over bagel pieces. In a large bowl combine eggs, milk, cottage cheese, and pepper. Pour over layers in dish.

Press down gently using the back of a wooden spoon to moisten all of the ingredients. Cover and chill in the refrigerator for 4 to 24 hours.

Preheat oven to 350° F. Bake, uncovered, about 45 minutes or until set and edges are puffed and golden. Let stand 10 minutes before serving. Makes 12 servings.

Nutrition facts per serving: 267 cal., 14 g total fat (8 g sat. fat), 176 mg chol., 497 mg sodium, 16 g carbo., 1 g fiber, and 17 g pro. Daily Values: 13% vit. A, 2% vit. C, 28% calcium, and 8% iron.

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see page 244 for details



$400 winner Grilled Chicken Salad

Julia Grover, Tucson, Ariz.,
in the Chicken Salads Category, May 2002

- ¼ cup grape seed oil or olive oil
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. dried dillweed
- 1 large clove garlic, minced
- ¼ tsp. freshly ground black pepper
- ¼ tsp. dried oregano, crushed
- 4 medium skinless, boneless chicken breast halves
- Montreal or Kansas City steak seasoning
- 8 cups mesclun or spring salad greens or spinach
- ¾ cup seedless red grapes, halved
- ⅓ cup crumbled goat cheese
- ¼ cup pine nuts, toasted

For vinaigrette, in a screw-top jar combine oil, vinegar, dillweed, garlic, pepper, and oregano. Cover and shake well; let stand 1 hour.

Meanwhile, sprinkle chicken breast halves lightly with steak seasoning. Grill chicken on the rack of an uncovered grill directly over medium coals for 12 to 15 minutes or until tender and no longer pink (170° F), turning once. Cool slightly.

Arrange salad greens on 4 plates; top with grapes, goat cheese, and pine nuts. Slice each chicken breast and arrange one sliced breast on each salad. Shake dressing and drizzle over the salads. Makes 4 servings.

Nutrition facts per serving: 400 cal., 23 g total fat (4 g sat. fat), 86 mg chol., 167 mg sodium, 12 g carbo., 2 g fiber, and 38 g pro. Daily Values: 22% vit. A, 21% vit. C, 9% calcium, and 18% iron.

see page 244 for details



$200 winner Mediterranean Chicken Salad

Camilla Sorenson, Ada, Minn.,
in the Chicken Salads Category, May 2002

- 1 lb. cooked chicken, shredded or cut into bite-size pieces or strips (3 cups)
- ½ of a medium cucumber, halved lengthwise, seeded, and sliced
- 1 cup chopped celery
- ½ cup sliced pitted kalamata olives
- ½ cup chopped walnuts
- 1 13.75-oz. can artichoke hearts, drained and quartered
- ⅓ cup sliced green onions
- ½ of a small lemon, seeded and cut in 6 wedges
- ½ cup olive oil
- ¼ cup sherry vinegar or white wine vinegar
- ¼ cup sugar
- ½ tsp. salt
- ¼ tsp. pepper
- 2 cups spinach leaves
- Snipped fresh parsley (optional)

In a very large bowl combine chicken, cucumber, celery, olives, walnuts, artichokes, and green onions. Set aside.

In a blender container or food processor bowl combine lemon (including peel), olive oil, vinegar, sugar, salt, and pepper; cover and blend until nearly smooth. Pour dressing mixture over chicken mixture; toss to combine. Cover and chill up to 2 hours.

Serve salad on spinach leaves and sprinkle with parsley, if desired. Makes 6 servings.

Nutrition facts per serving: 451 cal., 32 g total fat (5 g sat. fat), 67 mg chol., 628 mg sodium, 17 g carbo., 5 g fiber, and 25 g pro. Daily Values: 18% vit. A, 25% vit. C, 7% calcium, and 18% iron.

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$200 winner Margaret's Citrus Raisin Strata

Margaret Pache, Mesa, Ariz.,
in the Egg Stratas and Casseroles Category, May 2002

- 10 slices cinnamon-raisin bread
- 3 eggs, slightly beaten
- 2 cups half-and-half or light cream
- ⅔ cup sugar
- 1½ tsp. finely shredded orange peel
- 1 tsp. vanilla
- Vanilla yogurt (optional)

Preheat oven to 350° F. Tear bread into bite-size pieces. Place in a greased 2-quart square baking dish. In a medium bowl combine eggs, half-and-half, sugar, orange peel, and vanilla. Pour over bread in baking dish. Bake, uncovered, about 45 minutes or until a knife inserted near the center comes out clean. Let stand 15 minutes before serving. Serve with vanilla yogurt. Makes 6 servings.

Nutrition facts per serving: 345 cal., 14 g total fat (7 g sat. fat), 136 mg chol., 233 mg sodium, 48 g carbo., 2 g fiber, and 9 g pro. Daily Values: 10% vit. A, 2% vit. C, 13% calcium, and 9% iron.

PHOTOGRAPHS: KIM CORNELISON



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don't forget folate

It's a no brainer. Get enough of the B vitamin folate and you may prevent some of the forgetfulness that occurs with aging. Folate and its manmade version, folic acid, play a key role in brain function.

Forget where you put your cell phone again? Better scarf down a handful of folate-rich peanuts. Actually it's not as simple as all that, but "keeping folate levels high is extremely important to memory," says scientist Martha Morris, Ph.D., of Tufts University in Boston.

Folate and other B vitamins also assist the body in lowering levels of homocysteine, an amino acid that increases the risk of heart disease. In fact, this finding appears to be closely related to claims of a poor memory.

In a report published in the *American Journal of Clinical Nutrition*, Morris and her colleagues found a link between poor recall and high homocysteine in the body. Further digging provided evidence that high levels of folate seemed to offer some protection against memory loss.

You must remember this

So if you find yourself at a party fumbling for the name of that person you just met, maybe you need to alter your diet a bit.

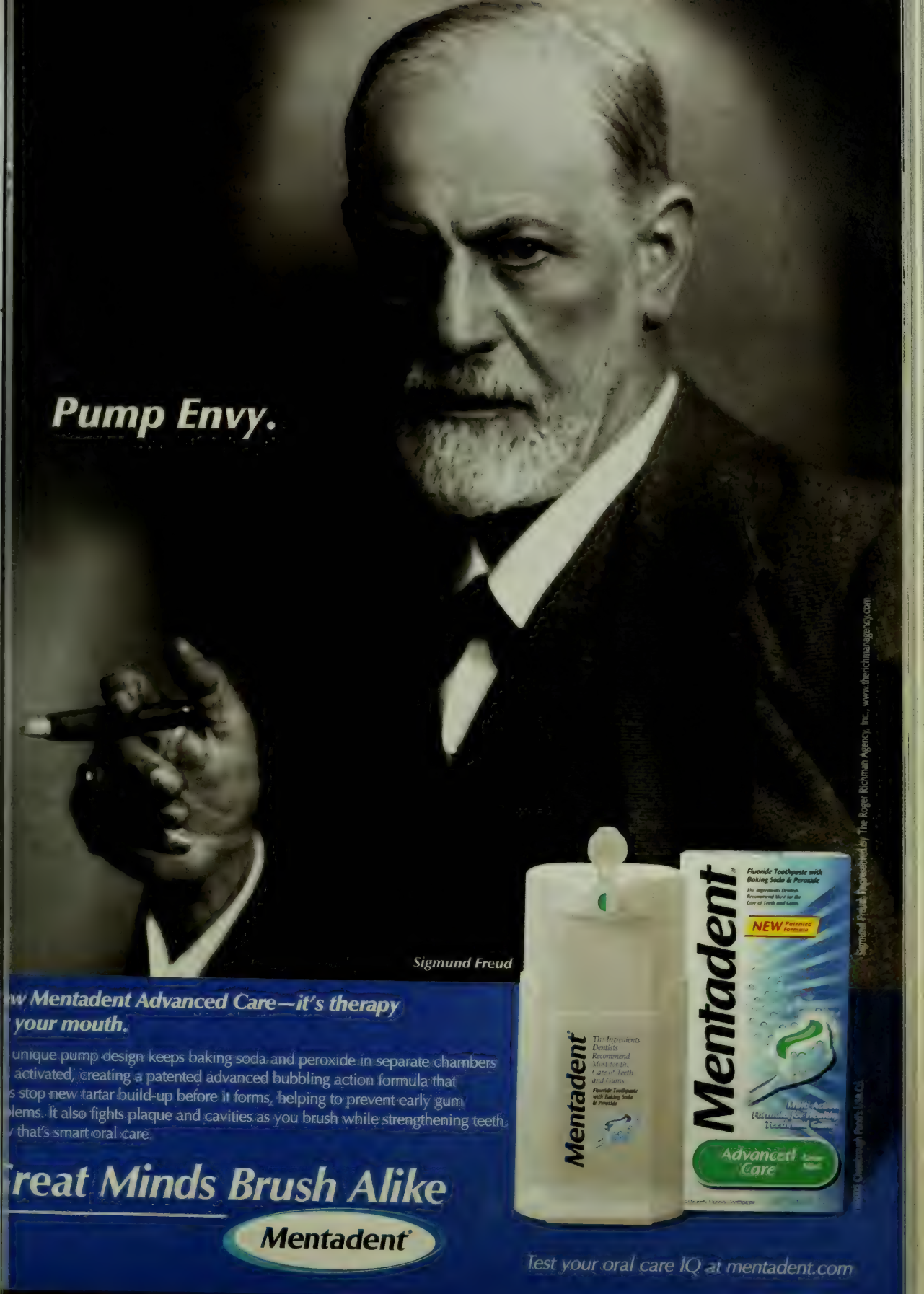
Black beans and other dried beans and peas are full of folate. So are deep-green leafy vegetables, asparagus, strawberries, artichokes, and citrus fruits (see chart, *page 252*). Enriched grain products, including bread, flour, rice, breakfast cereal, and pasta, have been fortified with folic acid since 1998. That requirement—set by the U.S. Food and Drug Administration—came about when it was determined that adequate folate taken by women in their childbearing years reduced the risk of certain birth defects affecting the brain and spinal cord.

Your daily dose

The recommended daily intake of folate is 400 mcg. Pregnant women should take in 800 mcg. Most people get adequate folate in their diets, Morris says, but pregnant women may be advised to take a vitamin supplement with folic acid.

A serving of most breakfast cereals, for instance, provides about 25 percent of the daily folate requirement for the average person in the country. Check the nutrition label on the package to find the exact amount of folate.

continued on page 252


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continued from page 250



The latest folate buzz also has researchers looking at the nutrient's impact on Parkinson's disease and Alzheimer's disease.

Trials will be launched by the National Institute on Aging this year to see if a regimen of folate and other B vitamins slows the rate of progression for people with Alzheimer's disease. Studies on mice have shown that a group that got less folic acid had higher levels of homocysteine in their bodies and were more susceptible to Parkinson's-like abnormalities.

Folate also reduces your risk of colon cancer. Several studies have shown that high levels of folate in the body lower the risk of colon cancer. Folic acid commonly found in vitamin supplements appears to offer the same protection.

FINDING FOLATE

Here are some of your best folate choices:

FOOD	SERVING SIZE	FOLATE AMOUNT (MICROGRAMS)
Breakfast cereal	½ cup to 1½ cups	100 - 400 mcg
Lentils	½ cup cooked	179 mcg
Black beans	½ cup cooked	178 mcg
Artichoke	1 medium boiled	153 mcg
Asparagus	½ cup cooked	131 mcg
Turnip greens	½ cup boiled, chopped	85 mcg
Orange juice, fresh	1 cup	75 mcg
Kidney beans	½ cup cooked	65 mcg

Asparagus Finger Salad

Prep: 15 minutes **Cook:** 2 minutes

- 8 oz. fresh asparagus spears
- ⅓ cup light dairy sour cream
- 2 tsp. lemon juice
- 1 Tbsp. fresh snipped chives
- 1 tsp. fresh snipped tarragon leaves
- ⅛ tsp. salt
- ⅛ tsp. freshly ground black pepper
- 4 large butterhead lettuce or Romaine lettuce leaves
- 1 small carrot, halved lengthwise
- 2 tsp. finely shredded lemon peel

1. Snap off and discard woody bases from asparagus. If desired, scrape off scales. Cook asparagus, covered, in a small amount of boiling water for 2 to 4 minutes or until crisp-tender. Transfer asparagus to a bowl filled with ice water. Set aside.

2. For dipping sauce, in a bowl combine sour cream, lemon juice, chives, tarragon, salt, and pepper. Cover and chill until serving time.

3. To serve, cut center vein from each lettuce leaf, keeping each leaf in one piece. Place lettuce leaves on a serving plate. Pat asparagus dry with paper towels. Cut each carrot half into 4 equal lengthwise strips. Divide asparagus and carrot strips evenly across middle of lettuce. Sprinkle each serving with finely shredded lemon peel. Wrap lettuce around asparagus and carrots. Place each asparagus salad upright in a small cup. Serve or drizzle with dipping sauce. Makes 4 servings.

Nutrition facts per serving: 49 cal., 3 g total fat (2 g sat. fat), 8 mg chol., 93 mg sodium, 5 g carbo., 2 g fiber, and 2 g pro. Daily Values: 96% vit. A, 19% vit. C, 4% calcium, and 3% iron.



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flower therapy

Bestow a handful of happiness on a loved one by using nature's feel-good treatment: flowers. This commonsense gesture is now scientific fact, says Jeannette Haviland-Jones, Ph.D., a professor of psychology and director of the Human Emotions Lab at Rutgers, the State University of New Jersey.

Haviland-Jones led three studies that showed flowers not only make you smile immediately but also have a longer term effect: chasing away the blues. The studies included men and women representing various age groups.

What a difference a bright bouquet of scents and colors can make! Recipients expressed a heightened sense of enjoyment and satisfaction in life. And with flowers around, they made more efforts to connect with family and friends. —Catherine Hamrick

Buzz

Cruising the "B" section of the vitamin aisle may be a worthy detour if you've had a coronary angioplasty. A combination of B vitamins seems to prevent repeat blockages of the coronary artery, according to cardiologists at the University of California, San Diego, School of Medicine and the Swiss Cardiovascular Center in Bern, Switzerland. The formula in the study included 400 micrograms of vitamin B_{12}, 1 milligram of folic acid, and 10 milligrams of vitamin B_6. The results: a 48 percent reduction of new blockage.

Do you need more Choline?

You soon may notice the phrase "enriched with choline" on packages of bread, breakfast cereal, and other grocery items. Choline, a vitamin B-like substance critical for healthy brain cells, mostly comes from food sources, though your body makes a small amount. But if you have cut back on natural choline sources, such as eggs, beef, and milk, to avoid fat and cholesterol, consider adding products fortified with choline to your diet, says University of North Carolina nutrition expert Steven H. Zeisel, M.D. Foods containing lecithin, a natural ingredient from soy, also is a choline source.

Female mice fed a high-choline diet produced offspring that had a better memory function for their entire lives. Zeisel is studying whether human babies develop sharper memories if they are born to mothers who eat a high-choline diet. —Timothy Gower

continued on page 256

11 MILLION WOMEN HAVE SUDDEN URINE LOSS





But now, a simple, proven treatment can help them live free from leakage.



IF YOU EXPERIENCE SUDDEN URINE LOSS, you know it can happen when you laugh, sneeze, or cough. But now there's a breakthrough, 30-minute outpatient treatment that can restore your body's ability to control urine loss: NECARE TVT Tension-Free Support for Incontinence. It's so effective, 85% of women treated in clinical trials remained npletely dry, while an additional 11% experienced significant rovement. Made by GYNECARE, a trusted name in women's health n Johnson & Johnson, it has a long-term record of safety. All medical tments present risks. GYNECARE TVT is not for women who are or nd to become pregnant. Contact us for a GYNECARE TVT-trained sician in your area. Or ask your doctor for more information. GYNECARE TVT help you live free from leakage.

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Call 1-888-GYNECARE or visit www.ControlSuddenUrineLoss.com

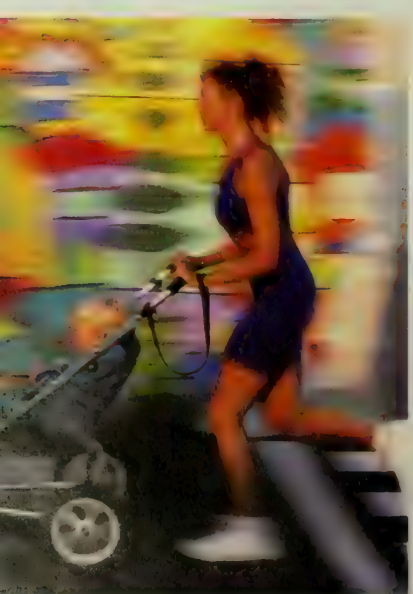
BHG32

continued from page 254

Be Air Aware

Spring is here and you're revved up for outdoor workouts. But be careful. Smog can take your breath away. Ozone, the gas that constitutes 95 percent of smoggy air, can cause headaches, chest tightness, wheezing, and coughing—a sign that your lungs are unable to transport enough oxygen to your body. The greater the need for oxygen, the more negative the impact. And during exercise, you breathe through your mouth, bypassing the natural filters inside your nose.

So how can you minimize your exposure to air pollution? The American Lung Association suggests exercising early in the morning or in the evening; avoiding midday or afternoon exertion and outdoor work when pollution levels are high; staying away from congested streets and rush hour traffic; and making sure your child's school and recreation officials know about air pollution and act accordingly.





A hemorrhoid is not a pleasant topic, but it may be on the minds of a number of people. Also known as piles, these swollen blood vessels in the rectum tend to occur in both men and women—approximately half the population by the age of 50. Pregnant women especially are at risk. This condition may be caused by sitting or standing too much, being overweight, or constipation. Symptoms include rectal bleeding, itching, burning, and pain.

To prevent a flare-up, eat high-fiber foods, such as fruits, veggies, and grains; drink plenty of water or other liquids; and exercise. Some doctors recommend that patients use a donut-shaped cushion to temporarily relieve pain. But postpartum women who have had an episiotomy should avoid using a donut, as it may pull on stitches.

See your doctor for a proper diagnosis of hemorrhoids. Bleeding from the rectum can indicate a more serious condition, such as colorectal cancer and other diseases of the digestive system.

Of history and hemorrhoids: Some say that Napoleon lost the Battle of Waterloo because, being in a delicate condition, he couldn't study the battlefield on horseback.

continued on page 258


1 serious case of spring fever
+ 1 perfectly selected bouquet
1 sneezing romeo
thank goodness for Kleenex® BRAND tissues
Love is in the air, as well as pollen. Isn't it comforting to know there's
Kleenex® Ultra Soft...the softest tissue you can get?
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continued from page 256

Looking for a divinely inspired gift for Mother's Day? Pamper the special woman—who has always gone the extra mile—with a certificate for a foot massage and a pedicure. She'll be in sole-soothing heaven.



love your toes

For such a small part of the body, the toe can produce a tremendous amount of pain. That's why it's tough to ignore an ingrown toenail, which occurs when the corners or sides of the nail dig into the skin, often resulting in infection.

The causes of ingrown toenails are varied: stubbing your toe, trimming your toenails improperly, wearing shoes that fit too tightly, getting an infection from fungus, as well as having poor foot structure.

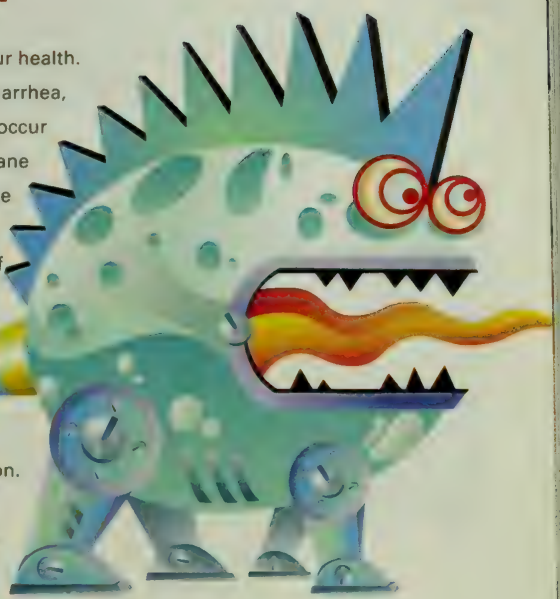
The pain of an ingrown toenail can be an advantage, however, if it draws your attention to a condition that could be serious. For example, symptoms, such as swelling or redness, in people with diabetes may indicate an infection that needs treatment. Remember: diabetics may not have as much feeling in their feet, so lack of pain should not keep them from seeking medical help.

If you have diabetes or circulatory disorders, avoid treating an ingrown toenail yourself. Instead, seek podiatric medical care as quickly as possible.

For more information about keeping your toes and feet in tip-top health, log on to the Web site of the American Podiatric Medical Association at www.apma.org.

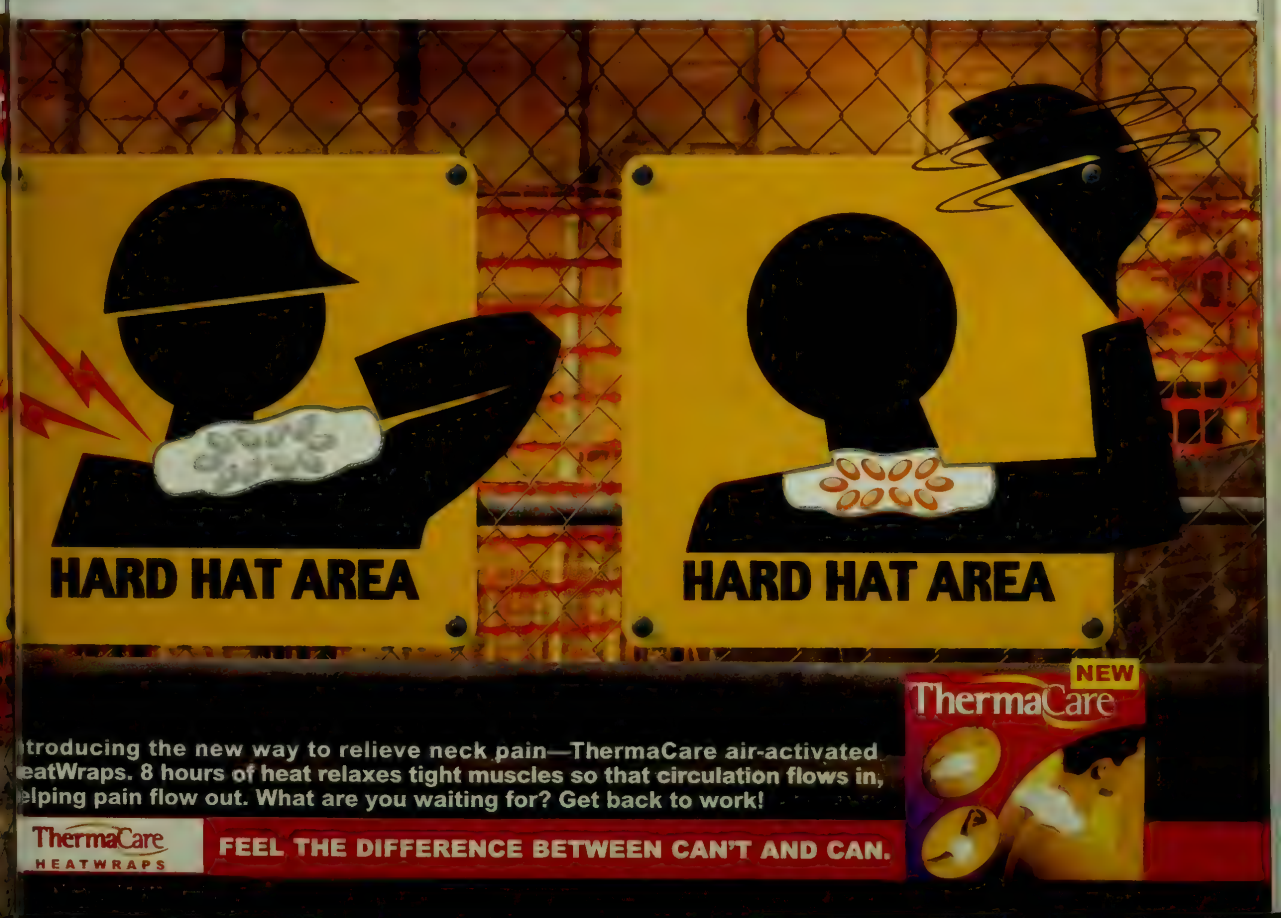


Snakes, Lizards, and Turtles—Oh My!



Pet reptiles may hold a place in your heart, but they have no love for your health. Most reptiles and amphibians carry salmonella, which can cause fever, diarrhea, and meningitis. About 93,000 cases of reptile-associated salmonellosis occur yearly in the United States, and some even result in death. The Humane Society of the United States warns against owning reptiles as pets. The Centers for Disease Control and Prevention suggests these guidelines.

- Ask your pet store owner, veterinarian, or pediatrician about the risk of acquiring salmonellosis from reptiles.
- After handling reptiles or their cages, wash your hands thoroughly with soap and water. Do not wash their dishes, cages, or aquariums in the kitchen sink. Clean any bathtub used for this purpose thoroughly and disinfect with bleach.
- Keep these pets out of food-preparation areas to prevent contamination.
- Anyone at increased risk of infection or serious complications from salmonellosis—such as children younger than 5 years old and immunocompromised persons—should not live in homes with reptiles.
- If you're expecting a child, remove any pet reptile from your house.
- Pet reptiles should not be kept in childcare centers.



THIS COULD BE THE MOST IMPORTANT PHOTO YOU'LL EVER TAKE OF YOUR CHILD.



While you know every detail of your child's face, conveying that to someone else isn't easy. That's why keeping a recent photograph of your child in an ID booklet is so important. You can have your child photographed during the Blue Oval Certified *Commitment to Kids* program. It's offered through participating Blue Oval Certified Dealers as part of their ongoing commitment to their local communities. It's available free in cooperation with Ford and the National Center for Missing & Exploited Children®. This KidCare® ID booklet and a set of fingerprints can help ensure your child's safety. For specific program dates, times and dealership locations, call 866-BLUEOVAL or visit blueoval.fordvehicles.com.



Commitment to Kids

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Better Homes and Gardens®

2002 Home Improvement Contest

OFFICIAL ENTRY RULES

NO PURCHASE NECESSARY TO ENTER OR WIN. 1. This contest is open to U.S. residents, 18 years of age or older, who are homeowners of the property entered, except employees and their immediate families of Meredith Corporation, cosponsors and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 1, 2002, and received by December 2, 2002. Final entry form must be postmarked by February 3, 2003, and received by February 28, 2003. Final entry must include photos of project, written description of objectives, receipts for cosponsor prizes, and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected, or illegible entries. 2. You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 2002. 3. Entries will be judged on appearance, function, and cost-effective use of materials. In case of a tie, the entry with the highest score on appearance will be awarded the prize. Judging will be under the direction of *Better Homes and Gardens*® magazine. Cosponsor awards are also judged by representatives of the cosponsor. Decisions of judges are final. All winners except for cosponsor awards will be chosen on or about June 2, 2003. Cosponsor winners will be selected by August 1, 2003. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within 10 days of notification or a new winner may be chosen. Travel companions of Grand Prize winner will be required to sign a release. 4. PRIZES: One Grand Prize includes $10,000, plus an eight-Day Vacation for four at the Horizons by Marriott Vacation Club Orlando, Fla., seven nights lodging. Accommodations subject to advance notice, space availability, and black-out dates. Trip must be taken within one year from date of awarding. All other expenses not listed, including airfare, are the responsibility of the winner. Approximate retail value $2,000. Two runners-up will receive $5,000 each. Eight Class A/Three First Place winners will receive $1,500 each; Eight Class B/Three Second Place winners $750 each; Eight Class C/Three Third Place winners $300 each; 72 merit winners will receive $100 each. 5. For a list of prize winners (available after August 1, 2003), send a separate self-addressed, stamped envelope to: *Better Homes and Gardens*® Home Improvement Contest Winners' List, LS 253, 1716 Locust St., Des Moines, IA 50309. 6. Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright, in all entry materials, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, hometown, likeness, and information regarding entrant, his/her family, and property by Meredith Corporation and cosponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication, in any other magazine or medium. 7. Contest is subject to all federal, state and local laws and regulations. All liability for federal, state, and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law. Residents of AZ, CO, MD, CT, and VT are not eligible to win cosponsor awards. No prize transfer or substitution. 8. PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER PROJECT.

buying guide

Some of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below. Items not sourced are antique, discontinued, or a personal belonging.

Cabinet Facelifts

Page 30: countertops, faucet, backsplash tile, sink, cabinets—Home Depot; www.homedepot.com. **All dishes and towels on shelf**—TAG LTD.; for a retail store call 800/621-8350. **Glasses on shelf**—(merchandise varies by store)—Pier 1 Imports; 800/447-4371. **Hanging light**—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Blinds**—Smith + Noble; for a catalog call 800/765-7776. **Cupboard hardware**—Amerock Corp.; for a local dealer call 800/618-9559; www.amerock.com. **Cable system for curtain**—IKEA Home Furnishings; 800/434-4532; www.ikea.com. **Kitchen island,** 30-1094325—Hold Everything; for a catalog call 800/421-2264. **Paint on walls,** BHG-67 (Potting Shed)—Behr Paint through Home Depot; www.homedepot.com.
Page 32: wallpaper, Classic Lifestyles Toile (tan/white)—Waverly; 800/423-5881; www.waverly.com. **Cupboard paint,** C016A (Burlap); **top coat on lower cupboard,** C012A (Farmhouse Red)—Ralph Lauren Paint; 800/379-7656. **Roman window shade**—Smith + Noble; for a catalog call 800/765-7776. **Butcher-block table,** CBT 3024—KraftMaid Cabinetry; 800/571-1990; www.kraftmaid.com. **Cupboard hardware**—Amerock Corp.; for a local dealer call 800/618-9559; www.amerock.com.
Page 34: wall paint, SW1149 (Always Almond)—Sherwin-Williams; 800/474-3794; www.sherwin-williams.com. **Interior cupboard paint,** BHG-43 (School House); **exterior cupboard paint,** CH-1 (Butter Cream)—Behr Paint from Home Depot; www.homedepot.com. **Light fixture** (merchandise varies by store)—Lowe's Cos., Inc.; 800/445-6937; www.lowes.com. **Fabric for curtains,** Homestead Collection, Farmstead Barn Red, 663253—Waverly; 800/423-5881; www.waverly.com. **Cupboard hardware**—Amerock Corp.; for a local dealer call 800/618-9559; www.amerock.com.
Page 36: white beadboard door, Polar Ridge—KraftMaid Cabinetry; 800/571-1990; www.kraftmaid.com. **All other doors**—Thomasville Cabinetry available at Home Depot; Web sites: www.homedepot.com; www.thomasvillecabinetry.com.

Entry Upgrades

Page 40: pseudostone planters—Target Stores; 800/800-8800 (merchandise varies by store). **Basket holding flowers**—Tuesday Morning, Inc., 4148 N. Hancock, Portland, OR 97212; 503/288-7255.
Page 42: sidelights—JAX Stained Glass, 13500 Bel Red Rd., No. 17, Bellevue, WA 98005; 425/562-9440. **Decorative lights and lanterns,** "EB-9SFRC-GW, EB-16SFRC-GW" (Raw Copper with Iridescent Gold-White glass)—Arroyo Craftsman Lighting, Inc., 4509 Littlejohn St., Baldwin Park, CA 91706; 626/960-9411. **Crocodile** (Gray)—The Statuary Store, 68864 E. Palm Canyon Dr., Cathedral City, CA 92234; 760/328-2873. **Custom bench**—City Builders, 21420-67th Ave., W, No. B, Lynnwood, WA 98036; 425/670-1991.
Page 44: rug—Marshalls; 800/627-7425; Web site: www.marshalsonline.com. **Floor paint** (Granite Gray, high-gloss enamel)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **House stain,** "#0391" (Sandstone, semitransparent); **trim**—Cabot Wood Care Products, 100 Hale St., Newburyport, MA 01950; 800/877-8246; Web site: www.cabotstain.com.

The Rewards of Time

Page 56: basket and scissors—Cultivations, 1218 Welsh Rd., Suite H, North Wales, PA 19454; 215/361-1906. **Blue Boutique passion flower**—Logee's Greenhouses, 141 North St., Danielson, CT 06239-1939; catalog $4.95. **Wichita Blue junipers**—Appalachian Gardens, Box 82, Waynesboro, PA 17268-0082. **Bergenia**—Busse Gardens, 17160-245th Ave., Big Lake, MN 55309. **Silver Dragon liriope**—Forestfarm, 990 Tetherow Rd., Williams, OR 97544-9599; 541/846-7269; catalog $5. **Halcyon hosta**—Busse Gardens (address above). Forestfarm (address above). **Cassian pennisetum**—Kurt Bluemel, Inc., 2740 Greene Lane, Baldwin, MD 21013-9523; catalog $3. Forestfarm (address

continued on page 284



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WYOMING





Lighthouse **Nights**

Lighthouses are monuments that connect us to an increasingly distant past. They are America's castles. Today, preservation groups are rescuing decommissioned lighthouses by converting them into hotels and bed-and-breakfast inns. Many savvy travelers are discovering that these towers of light are one-of-a-kind places to enjoy spectacular shorelines and a taste of living history.

Perched on the California coast are two lighthouses just south of San Francisco on Highway 1. Both offer engaging, affordable lodging in a dramatic seashore setting.

The Montara Lighthouse stands high on a sea-swept promontory offering a spectacular view of the vast Pacific Ocean. Although just 25 miles from the city, there are no signs of urban life. A stay at Montara offers the lullaby of crashing surf and a night sky packed with stars.

The immaculate grounds include the original keeper's Victorian house and other buildings now used as a hostel facility. Private and group rooms are available here in a rustic setting. Guests share a common parlor area and a crackling fire, as well as a large kitchen and clean bathrooms. The hostel concept is designed to offer inexpensive accommodations that encourage interaction with other lodgers.

Twenty-five miles to the south is Pigeon Point, named for a ship that ran aground here in 1853. Visitors can climb to the top of the huge Pigeon Point Lighthouse during ranger-led tours each Saturday and Sunday.

Guests at the hostels enjoy a variety of attractions. Local marine reserves offer tide pools full of starfish, crabs, mussels, abalone, and sea anemones. Watch for gray whales on their annual migration between November and May. Beaches are used for swimming, surfing, jogging, cycling, horseback riding, and windsurfing. Watch huge northern elephant seals congregate at nearby Año Nuevo State Reserve or explore Pescadero Marsh, the feeding and nesting place of more than 150 species of birds.

Hostel prices start at $13 a night for members of Hostelling International and $15 for nonmembers.

Check-in is from 4:30 to 9:30 p.m. and check out is 9:30 a.m. Guests are welcome to store their belongings in the hostel, but they may not spend the day. Both hostels are wheelchair accessible.

Reservations are recommended. Visit www.norcalhostels.org for information. Call Point Montara Lighthouse Hostel at 650/728-7177 or Pigeon Point Lighthouse Hostel at 650/879-0633.

—by Andy Demsky

For free vacation information, see *pages 261–263.*

A ladybug landing on you is supposed to be good luck. Unless you're a mealybug.

Or an aphid, common whitefly or spider mite. In which case, it means you're about to have the worst (and last) day of your miserable, puny, bug life.

Death is a lady. And her name is *Hippodamia convergens*. All of those garden pests you find so infuriating, she finds downright succulent. In fact, this lady is one of nature's most lethal assassins.

She is flying pesticide. She is Winged Victory, swooping on the parasites that would dare dine on the fruits, flowers and vegetables of your labor. A single adult can polish off nearly 400 aphids in under a week.

Before you know it, word buzzes all around the free-loaders' underworld: There's no more free lunch. The smorgasbord is now closed.

She is swift. Silent. And deadly as all get-out. And yet, completely innocuous to the environment and pets. Unless, of course, you keep a pet mealybug, or aphid. If so, you can consider this fair warning.

She and her colleague, the praying mantis, form a sort of League of Justice against backyard evildoers. Simply release them into the affected areas and let nature take its course. Literally. By the way, if you plant some grasses, sunflowers or wildflowers along your garden's edges, you'll make an inviting home for these flying aces. To the casual observer, they just look cute. Waddling and buzzing cheerily.

Yet, deep down in the soil, a grim but necessary work is protecting you and yours. Chomp, chomp.

Nails and lumber built your house. But your garden was built with season after season of care and worry. Time and love. And a whole bunch of good, old-fashioned stoop labor. The truth is, more than any other part of your home, your garden reflects you.

So how can you just stand idly by while it is all eaten, petal by precious petal? Are you going to give up your land, and all you've sweated for, to some horde of insect visigoths? Or are you willing to stand up and fight back?

We thought so. Well, you'll find a ready ally in the ladybug. And you needn't go traipsing across the hills with a butterfly net to enlist her help. Just head down to the nursery at your nearest Orchard Supply Hardware®. That's where you'll find all manner of great things for your lawn and garden, from bulbs to shears, sprinklers to fountains. Everything. Including the ladybugs.

Tell any of the friendly folks working there that you want to hire some killers. Don't worry, they love gardening and hate parasites as much as you do. They've done this before. And they'll be only too happy to help you set up the hit.

Looks like your luck is turning, gardenwise.

For 70 years, Orchard has been there. Helping Californians make the most of their homes and gardens. Doing it with this idea: Customer service means having the things people need and offering the help they want. There are over 6,000 items in every Orchard nursery, and people who know how to use them. Come visit us or log on to www.osh.com.

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Designed exclusively for *Better Homes and Gardens*® magazine by Banar Designs, this special two-for-one-kit is not available in retail stores.



The kit includes a full-color photo of both projects, 14-count white Aida fabric, cotton embroidery floss, charts, a needle, and complete step-by-step instructions for *both* the 5×7 **Home Is Where The Heart Is** sampler and the *bonus* 2×2 mini **Home Sweet Home** sampler. The blue house-shape frame for the mini sampler is also included in the kit.

TO ORDER

To order this special two-for-one kit, send check or money order for $12.95 to: *Better Homes and Gardens*® Reader Shopping Service, Dept. R9503, P.O. Box 9128, Des Moines, IA 50306-9128. Price includes shipping, handling, and sales tax.

Air-Conditioning Q&A

As outdoor temperatures rise, so do the demands placed on your home's central air-conditioning system. To ensure that you stay cool through the summer, now is the time to check how well your unit is running. Here are answers to common questions about caring for air conditioners.

Q. How often should I change the unit's air filter?

A. Replace a conventional fiberglass air filter at least twice a year—spring and fall. For HEPA and other newer filters, follow manufacturer's instructions. A dirty filter can decrease working capacity by 25 percent; one completely clogged with dust may cause the unit to shut down entirely.

Q. Why does the thermostat's temperature setting sometimes not reflect the actual temperature inside my house?

A. Drafts, vibrations, or the thermostat's placement in direct sunlight can cause discrepancies. Contact a certified technician to check it, and if necessary, move and rewire it.

Q. Can I damage my air conditioner when I turn it off and on?

A. Yes—especially if you turn it off and immediately turn it back on. The quick action hurts the compressor, except in air conditioners with a built-in, timed off-cycle. This type of unit gives the system time to equalize before it's turned on again.

Q. How can I help my air conditioner work more efficiently?

A. Keep doors and windows tightly closed to prevent air leakage. And pull shades or close blinds on windows facing the direct sun during daylight hours.

Q. How many years should I expect my air conditioner to last?

A. It depends on what type of unit you have and how often you use it. If it's more than 10 years old, however, take a close look at its efficiency. A new unit may cost you less to run.

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15. **MOHAWK CARPETS**—Send for free Mohawk product literature—Mohawk's Right Choice Carpet Guide. MOHAWK CARPETS. Free

Furnishings

16. **ANDERSON ULTIMATE BED**—Save space with a top quality, solid wood underbed dresser. Sleep better on an adjustable air mattress with dual firmness controls! 48-page catalog. ANDERSON ULTIMATE BED. Free
17. **FLEXSTEEL UPHOLSTERED FURNITURE**—Discover lifetime of warranties, exceptional comfort, and style that set Flexsteel furniture apart. FLEXSTEEL. Free
18. **FRAN'S WICKER & RATTAN FURNITURE**—Spectacular sets. Hard to find specialty items. All from America's oldest and largest wicker & rattan importer. Free 72-page color catalog. FRAN'S WICKER & RATTAN FURNITURE. Free
19. **PIONEER TABLE PAD CO.**—For over 83 years, this family-owned company has been committed to providing families with the finest traditional hand-tailored table padding. PIONEER TABLE PAD CO. Free
20. **SURE FIT SLIPCOVERS BY MAIL**—Catalog features affordable, washable covers in beautiful fabrics. Fits most upholstered furniture including recliners, wing and dining chairs. SURE FIT, INC. Free

Outdoor Living

21. **THE CEDAR STORE**—Specialists in red cedar outdoor furniture and porch swings. Brochure. THE CEDAR STORE. Free
22. **TIDEWATER WORKSHOP**—Recently named "Best Value" by The Wall Street Journal, offers an exclusive line of affordable, durable and comfortable white cedar outdoor furniture in classic styles, including Adirondacks, rockers, swings, dining furniture, planters, chaises and more! Benches start at just $100! Free catalog. TIDEWATER WORKSHOP. Free

Food

23. **GEVALIA® KAFFE**—Gevalia® Kaffe Fine Coffees of Europe. Order a trial shipment. GEVALIA KAFFE. Free

Miscellaneous

24. **Go RVing**—Life's A Trip. Rich experiences can still be affordable. RV provides the best value for every family budget. Free video. Go RVing. Free
25. **HIT ENTERTAINMENT**—Bob the Builder Fan Club—Become a member of the Official Fan Club and receive a special gift and newsletter! HIT ENTERTAINMENT. Free
26. **HIT ENTERTAINMENT**—Barney Fan Club—Become a member of the Official Fan Club and receive a special gift and newsletter! HIT ENTERTAINMENT. Free
27. **SHELL OIL**—"Smart Car Care" provides valuable tips to help you keep your vehicle operating safely and efficiently. Brochure. SHELL OIL. Free.

TRAVEL

Alabama

28. **ALABAMA'S GULF COAST**—Sugar-white beaches and emerald green Gulf waters await. Send for your free vacation guide.
29. **BRETT/ROBINSON VACATION RENTALS**—Ask about free night specials. Brett/Robinson offers Gulf front luxury all year round.

30. **ALL ALABAMA OFFERS**

Arkansas

31. **ARKANSAS**—Scenic natural beauty, friendly, welcoming people, and activities for all ages. That's a vacation in The Natural State.

Colorado

32. **COLORADO SPRINGS CVB**—Enjoy an unforgettable Colorado Springs vacation with breathtaking mountains, exciting outdoor adventures and unique attractions.
33. **ESTES PARK**—Gateway to Rocky Mountain National Park, wide variety of lodging, shopping, dining, recreation and entertainment. Free Vacation Planner.

34. **ALL COLORADO OFFERS**

Connecticut

35. **COASTAL FAIRFIELD COUNTY**—New England only a whole lot closer. Free fun vacation guide.
36. **CT RIVER VALLEY & SHORELINE**—Explore river valley towns, Connecticut shoreline and charming historic New England towns.
37. **MYSTIC & MORE!**—You know its Seaport, Aquarium and Village. Discover its casinos, museums and more!
38. **GREATER HARTFORD**—Enjoy history, culture, relaxation, fine dining and lodging, all in the Heart of Connecticut.
39. **WESTERN CONNECTICUT'S HOUSATONIC VALLEY**—70 minutes from NYC. Specially priced Getaway Weekend accommodations. Free brochures.

40. **ALL CONNECTICUT OFFERS**

Delaware

41. **DAYS INN MID-ATLANTIC**—Send for FREE money-saving hotel coupon and attraction guide for participating locations throughout eastern PA, MD, NJ and DE.

Florida

42. **BLUEBILL VACATION RENTALS—A RESORTQUEST COMPANY**—Vacation is beautiful, fully furnished and equipped privately owned condominiums, homes, golf villas. Huge discounts.
43. **DAYTONA BEACH**—23 miles of glimmering white sand, golf, shopping, NASCAR. Close to Walt Disney World®.
44. **THE NEW HILTON GARDEN INN**—126 rooms and suites. Heated pool, whirlpool, fitness center. Restaurant and lounge.
45. **HOLIDAY INN SANIBEL ISLAND**—Do drop in at Sanibel's most notable beachfront resort.
46. **KISSIMMEE-ST. CLOUD**—Stay right next door to Walt Disney World®. Request a FREE Vacation Planning Kit.
47. **LEE ISLAND COAST**—SW Florida's Fort Myers/Sanibel area. Best vacation in best vacation state.
48. **OUTRIGGER BEACH RESORT**—Old-fashioned beach vacation complete with friendly staff, incredible beach and value-filled packages.
49. **PALM BEACH COUNTY**—Save with our "$1,000 Worth of the Palm Beaches Free" coupon book.
50. **PENSACOLA**—Relax on the perfect Florida vacation with plenty of sunshine, sand and surf.
51. **PRISCILLA MURPHY RENTALS**—Sanibel & Captiva Islands. Vacation in beautiful condominiums, private homes, resorts, villas. Discounts available now!
52. **SANIBEL MOORINGS CONDOMINIUM RESORT**—One-, two-, and three-bedroom condominium suite rentals, daily, weekly, and monthly on beautiful Sanibel Island.
53. **PENSACOLA BEACH**—Run away to our island, Pensacola Beach, Florida! Plan your beautiful island getaway today.

54. **ALL FLORIDA OFFERS**

Idaho

55. **IDAHO**—Great potatoes, tasty destinations. Satisfy your appetite for living, and come back for seconds.

Illinois

56. **EAGLE RIDGE INN & RESORT**—470 rooms and homes. 6,800 acres. 4 golf courses, horseback riding, fishing and boating.
57. **JOHN DEERE PAVILION & JOHN DEERE STORE**—The legend of John Deere lives on at the world's most comprehensive agricultural exhibit.
58. **OAK PARK AREA**—Chicagoland's premier historic district with unique shops, fairs, museums, artisans, special family activities, fine hotels and restaurants.
59. **SPRINGFIELD**—Family fun awaits you! Historic Lincoln sites, Route 66, State Fair and more.
60. **WILLIAMSON COUNTY**—Center of the southern tip of Illinois. Shawnee National Forest, National Wildlife Refuge, shopping, golf, festivals, antiques, lakes, outdoor recreation, state parks.

61. **ALL ILLINOIS OFFERS**

Iowa

62. **IOWA TOURISM**—Order your FREE NEW "Iowa Travel Guide", "Calendar of Events" and "Iowa Map" today.

Louisiana

63. **NEW ORLEANS**—Come enjoy New Orleans. Gumbo and jazz. Streetcars and courtyards. Get your FREE Good Times Guide, with over $2,400 in coupons!

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Maryland

64. **CHARLES COUNTY**—Visit historic Southern Maryland. Send today for your free visitors guide and come play in the nation's backyard!
65. **DAYS INN MID-ATLANTIC**—Send for FREE money-saving hotel coupon and attraction guide for participating locations throughout eastern PA, MD, NJ and DE.
66. **MARYLAND VACATIONS**—Beaches, mountains, big cities, small towns. Maryland has so much to offer. Welcome.
67. **OCEAN CITY**—The perfect family vacation. Beach. Boardwalk. Restaurants. Golf. Get away to it all!

ALL MARYLAND OFFERS

Massachusetts

69. **THE AMERICAN TEXTILE HISTORY MUSEUM**—Tells America's story through the art, history and science of textiles. Free brochure.
70. **SOUTHEASTERN MASSACHUSETTS**—Culinary campuses; seaside villages; historical districts; ethnic eateries; unique, boutique and antique. Come enjoy!
71. **CAPE ANN'S MARINA RESORT**—53 waterfront rooms, indoor pool, plenty of parking close to downtown.
72. **CAPE COD**—A Short Trip to Far Away.SM Contact us for your most memorable vacation ever.
73. **CAPE CODDER RESORT & SPA**—Full service with 260 rooms, Indoor Wave Pool and more.
74. **CONCORD MUSEUM**—American treasures including Revere's 1775 lantern, Thoreau's desk, Emerson's Study, in family-friendly galleries. Free brochure.
75. **JOHN CARVER INN**—In the heart of Plymouth, 85 rooms/suites, Indoor Theme Pool and more.
76. **GREATER MERRIMACK VALLEY CVB**—Endless choices for sightseeing, performing arts, sporting events, museums, nightlife, shopping and dining. Free guide.
77. **NATIONAL HERITAGE MUSEUM**—Dynamic exhibitions on American history and popular culture. Free admission and parking. Free Brochure.
78. **PILGRIM SANDS**—Private beach. Two pools. Coffee shop. Restaurant adjacent. Across from Plimoth Plantation.
79. **PLIMOTH PLANTATION™ "MAYFLOWER II™"**—Experience the living history museum of the Pilgrims and Wampanoag.
80. **PLYMOUTH COUNTY CVB**—Plymouth Rock, Pilgrims. Whale-watching. Golf. Cranberries. Lodging, shopping, dining for every budget.
81. **RED JACKET RESORTS**—Four spectacular oceanfront resorts and one on a golf course.
82. **SHERATON INN PLYMOUTH**—You can get almost anywhere from here, including the 17th century.
83. **THE STEAMSHIP AUTHORITY**—It's the Way to Go to the Islands of Nantucket and Martha's Vineyard.

ALL MASSACHUSETTS OFFERS

Michigan

85. **BENZIE COUNTY**—Northern Michigan Preserved. Enjoy our lakes, golf courses, woodland trails, rivers, galleries and shops.
86. **FRANKENMUTH**—Michigan's Little Bavaria in Saginaw County. 130 Main Street shops and attractions.
87. **HOLLAND AREA CONVENTION AND VISITORS BUREAU**—Enjoy our award-winning downtown, sun-drenched beaches and Dutch attractions. FREE brochure and events calendar.
88. **THE HOMESTEAD**—America's Freshwater Resort. Vacation on Lake Michigan's sandy shores. Superb accommodations, dining, recreation.
89. **KALAMAZOO SOUNDS LIKE FUN!**—Visit Southwest Michigan. Aviation, classic car and interactive museums, a nature center, and much more. FREE brochures.
90. **VISIT MACKINAW!**—Michigan's Favorite Vacation Destination. Historic sites, shopping, live entertainment, vacation packages, and Mackinac Island.
91. **MARQUETTE COUNTRY**—In Michigan's Central Upper Peninsula. Enjoy beautiful Lake Superior framed by wilderness, mountains, unique villages, rejuvenating waterfalls and peaceful sunsets. . . Come play in Marquette Country!
92. **PETOSKEY—HARBOR SPRINGS—BOYNE CITY**—Visit northwest Michigan. Victorian charm, world-class golf and delightful shops. Free brochures.
93. **SAULT STE. MARIE**—Experience Upper Peninsula's top destination. FREE Travel Planner.
94. **ST. IGNACE**—Just north of the Mackinac Bridge, a charming waterfront community awaits. Mackinac Island ferries, excellent lodging, dining and shopping. Free vacation guide.
95. **MICHIGAN'S UPPER PENINSULA**—Magnificent waterfalls, towering sand dunes, and shoreline on three Great Lakes. FREE 88-page Travel Planner.

ALL MICHIGAN OFFERS

Minnesota

97. **EXPLORE MINNESOTA**—Spend your precious vacation days wisely. Free travel guide makes it easy to plan a refreshing getaway.

Mississippi

98. **GRENADA**—Some of the finest fishing, camping, swimming and outdoor recreation awaits in Grenada.
99. **MAKE A MISSISSIPPI MEMORY**—History, heritage and hospitality. You'll find it all in Mississippi.
100. **MISSISSIPPI GULF COAST**—26 miles of beaches, casinos, golf, historic sites, shopping and deep-sea fishing.

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Missouri

102. **KANSAS CITY**—Discover the excitement of a city with a flavor all its own—the music, food, attractions, and FUN!
103. **FREE MISSOURI TRAVEL KIT**—All new for 2002! From popular city attractions to small town traditions, vacation in Missouri—Where the Rivers Run.

ALL MISSOURI OFFERS

Nebraska

105. **NEBRASKA**—Explore America's Frontier. FREE Nebraska travel guide.

New Hampshire

106. **FREE NEW HAMPSHIRE VACATION KIT**—Filled with information on lodging, dining, attractions, and more.

New Jersey

107. **DAYS INN MID-ATLANTIC**—Send for FREE money-saving hotel coupon and attraction guide for participating locations throughout eastern PA, MD, NJ and DE.

New Mexico

108. **NEW MEXICO...THE LAND OF ENCHANTMENT**—Put yourself in a State of Enchantment® FREE vacation guide.

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109. **ADIRONDACKS/LAKE GEORGE**—Your most favorite getaway is here! Free 2002 vacation guide.
110. **ALBANY**—Albany, New York's historic Capital is celebrating its 350th birthday with a special year of events.
111. **CATSKILL MOUNTAIN REGION**—America's original vacation destination. Send for your free travel guide.
112. **CHAUTAUQUA—ALLEGHENY REGION**—Chautauqua Institution, Allegany State Park, wineries, lakes, fishing, golf, skiing, snowmobiling, hiking, antiques and shopping.
113. **COLUMBIA COUNTY**—Discover—history, antiques, the arts, fine dining, scenic views and so much more.
114. **DUTCHESS COUNTY**—Tour historic sites. Enjoy outdoor events and scenic beauty of Hudson Valley, 1 1/2 hours north of New York City.
115. **THE FINGER LAKES REGION**—Natural beauty, charming towns, dynamic cities, unique shopping, dining and lodging await you. Come play!
116. **FINGER LAKES WINE COUNTRY**—A special land of scenic beauty, American Heritage, and fine wine.
117. **GATEWAY TO THE ADIRONDACKS**—Fulton County. The foothills of the famed Adirondack Mountains along the shores of the Great Sacandaga Lake.
118. **GENESEE COUNTY**—45 minutes from Niagara Falls. Home to Six Flags, Darien Lake, birthplace of Jell-O.
119. **LAKE GEORGE**—Beautiful beaches, great dining and accommodations, historic sites, hiking, biking, fishing, camping, shopping, attractions and more! FREE brochure.
120. **CENTRAL LEATHERSTOCKING REGION**—Tales & Trails—Five Halls of Fame, History, Culture, Natural Wonders, Heritage Trails, Outdoor Fun in the Heart of New York.
121. **YOU'VE GOT TO GET OUT MORE!**—Long Island goes to great lengths to get you to come out more. Its 100 scenic miles are chock full of memorable places.
122. **NEW YORK STATE**—Discover for yourself all there is to love in a New York State vacation.
123. **NIAGARA USA**—It's absolutely wonder-full . . . waterfalls, shopping, history, the arts, family fun and sportfishing.
124. **PUTNAM COUNTY**—Come to where the country begins. Come to Putnam County.
125. **ROCKLAND COUNTY**—Almost in your own backyard—Discover Rockland. Send for guide.
126. **SARATOGA**—Experience the Wins, the Places and the Shows! Horse racing, golf, spas and much more.
127. **SCHENECTADY COUNTY**—Fun-filled family events, rich history and scenic highways and byways await travelers who say Schenectady!
128. **SULLIVAN COUNTY CATSKILLS**—87 miles from New York City. World-class golf, soft adventure, cultural paradise, original site of Woodstock.
129. **WESTCHESTER**—Take a break in the heart of the Hudson Valley, just minutes away from Manhattan.

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North Carolina

131. **NORTH CAROLINA'S CRYSTAL COAST**—Only NC beach listed as "Clean & Safe" by Clean Beaches Council.
132. **NORTH CAROLINA**—Enjoy natural beauty from the mountains to the coast.
133. **GREATER RALEIGH WEEKEND COMPANY**—Let us entertain you with guaranteed lowest hotel rates and free shopping card.

ALL NORTH CAROLINA OFFERS

Oklahoma

135. **OKLAHOMA, NATIVE AMERICA™**—A great getaway state! Home to year-round outdoor activities and adventure. Send for a free travel guide.

Pennsylvania

136. **VISIT THE ALLEGHENY NATIONAL FOREST**—Enjoy our world-class museums, festivals and the Kinzua Bridge State Park.
137. **BRANDYWINE COUNTRY**—Unforgettable gardens, museums, inns and shops. Free visitor's guide/hotel packages.
138. **BUCKS COUNTY**—There's more to do in Bucks County, Pennsylvania. Visit us and experience a getaway like no other!
139. **CENTRE COUNTY—PENN STATE COUNTRY**—Penn State Country! Exciting attractions, events, dining and entertainment—Four Seasons of Fun in the Heart of Pennsylvania!
140. **CHESTER COUNTY**—Home to the Brandywine Valley. Free visitors guide and information on local attractions.
141. **COLUMBIA MONTOUR VISITORS BUREAU**—Explore our covered bridges, festivals, antiques, nature preserves and cultural events. Send for information.
142. **DAYS INN MID-ATLANTIC**—Send for FREE money-saving hotel coupon and attraction guide for participating locations throughout eastern PA, MD, NJ and DE.
143. **ELFRETH'S ALLEY TRICENTENNIAL**—Rediscover old Philadelphia, tour these famous homes and shop from traditional craftspeople.
144. **ENDLESS MOUNTAINS**—The possibilities are endless. Relaxing. Recreational. Peaceful. Exciting. Beautiful. Anytime vacation in the Endless Mountains.
145. **GETTYSBURG**—Free 72-page booklet includes maps, hotels, B&Bs, campgrounds, attractions, shopping, special events, arts, antiques and recreational experiences.
146. **GOLDEN PLOUGH INN**—An 18th century-style shopping destination with the luxurious 66 room inn as the centerpiece. Free brochure.
147. **THE INN AT JIM THORPE**—Jim Thorpe, PA. America's second most popular tourist destination at the turn of the century.
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149. **LEHIGH VALLEY**—Crayola FACTORY, Dorney Park and Wildwater Kingdom, festivals, museums, antiquing, B&Bs, vacation packages.
150. **NORTHEAST PA**—Discover Wilkes-Barre/Hazelton/Pittston. 4-season outdoor activities, historic attractions, shopping and exciting events.
151. **MERCER COUNTY**—In western Pennsylvania at the crossroads of I-79 and I-80. You'll be delighted by what you find.
152. **NORTHWEST PA'S GREAT OUTDOORS VB**—Free information on packages for Pennsylvania's Great Outdoors. Elk viewing, canoeing, horseback riding, hiking, biking and golf.
153. **PA CAPITAL REGIONS VACATION BUREAU**—Minutes to Hershey, Lancaster, Gettysburg! Attractions, historic sites, outdoor adventure and more.
154. **PITTSBURGH, THE PERFECT GETAWAY**—Enjoy history, arts, theatre, family fun, sightseeing and shopping. Free Getaway Guide!
155. **PITTSBURGH & ITS COUNTRYSIDE**—World-class city surrounded by outdoor attractions, historical sites, museums, galleries and more!
156. **POCONO MOUNTAINS VACATION BUREAU**—FREE Poconos Vacation Guide ... scenic beauty, attractions, events, sports, outlets, resorts. Pennsylvania memories last a lifetime.
157. **SOUTHERN ALLEGHENIES**—Discover the treasures of the Southern Alleghenies—The memories will last a lifetime!
158. **STRASBURG RAILROAD**—Journey through Amish farmland on one of America's oldest steam trains.
159. **CENTRAL PENNSYLVANIA'S SUSQUEHANNA VALLEY**—Discover tranquil countryside, charming towns and friendly faces. Relax... you're here.
160. **VF OUTLET VILLAGE**—Over 90 Outlets, including VF Factory Outlet offering 1/2 off lowest price on Lee, Wrangler, Vanity Fair, Healthtex.
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162. **YORK COUNTY**—Factory tour capital of the U.S.A.! Free brochure.
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164. **NEWPORT**—Stroll the historic waterfront or scenic Cliff Walk, discover the splendor of the famed Bellevue Avenue mansions.

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165. **CHARLESTON, SOUTH CAROLINA AND THE BEACHES**—Experience America's most beautiful historic and resort destination.
166. **THE MYRTLE BEACH AREA OF SOUTH CAROLINA**—Offering sixty miles of beaches and family fun.
167. **SEA MIST OCEANFRONT RESORT**—All of Myrtle Beach for one great rate! Family vacation packages, Myrtle Beach Adventure Packages, entertainment and golf specials. New rooms!
168. **SOUTH CAROLINA. SMILING FACES. BEAUTIFUL PLACES**—Free Smiles & Places vacation kit. More than 300 pages of beaches, history, golf, entertainment and outdoor adventure.
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South Dakota

170. **ABERDEEN**—Visit Storybook Land, Land of Oz, Dakota Prairie Museum, tour Hutterite colonies, Sand Lake Refuge.
171. **AKTA LAKOTA MUSEUM**—The Akta Lakota offers a rare combination of contemporary artwork and authentic Native artifact displays. Free admission.
172. **AMFAC PARKS & RESORTS**—Dine at Mount Rushmore with a view. Located in the Park. Also, beautiful gift shop.
173. **BEST WESTERN RAMKOTA HOTELS OF SOUTH DAKOTA**—5 great locations: Rapid City, Sioux Falls, Pierre, Aberdeen, Watertown.
174. **THE BLACK HILLS PASSION PLAY**—Outdoor drama of the final days of Christ. June–August every Sunday, Tuesday and Thursday at 8 p.m.
175. **BORGLUM HISTORICAL CENTER**—To understand the significance of Mount Rushmore, you must first visit the Borglum Historical Center.
176. **CEDAR SHORE**—Hotel, restaurant, campground, marina, indoor pool, boat rentals, riverside rooms. Located on the Missouri River!
177. **CHOICE HOTELS OF SOUTH DAKOTA**—27 conveniently located hotels throughout South Dakota. Experience the power of being there ... GO.
178. **CIRCLE B RANCH CHUCKWAGON SUPPER & WESTERN MUSIC SHOW**—Western town, woodcarver, wagon, trail and pony rides, goofy golf, gold panning, best value, great family fun.
179. **WORLD'S ONLY CORN PALACE**—Free admission. Decorated in corn and grasses every year, representing a monument to agriculture.
180. **CRAZY HORSE MEMORIAL FOUNDATION**—Largest mountain carving in progress. Indian museums, theater, sculptor's studio, shops, native artists educational entertaining.
181. **CUSTER**—An historic mountain town in the Black Hills, your base for superb area natural attractions.
182. **CUSTER STATE PARK**—73,000 acre vacation paradise in beautiful Black Hills: resorts, camping, lakes, buffalo, scenic drives, programs.
183. **DE SMET, LITTLE TOWN ON THE PRAIRIE**—Laura Ingalls Wilder's Little Town on the Prairie. Historic pioneer heritage, affordable family destination.
184. **DEADWOOD**—Come play in the past. See an entire city designated as a National Historic Landmark.
185. **THE EMPIRE MALL AND EMPIRE EAST**—180 stores and restaurants. Located off I-29, exit 77, Sioux Falls.
186. **FIRST GOLD HOTEL AND GAMING**—It's where Deadwood begins and the fun never ends.
187. **FLINTSTONES BEDROCK CITY**—Stone age fun park and campground with Fred and Barney in Flintstones Village.
188. **HISTORIC FRANKLIN HOTEL**—Unique vacation experience. Historic rooms and suites with antiques, celebrity memorabilia, pictures and much more.
189. **GOLD DUST GAMING AND HOLIDAY INN EXPRESS HOTEL & SUITES**—Great location, luxurious rooms, indoor pool, whirlpool, buffet, group rates, 24-hour gaming: slots, blackjack, poker.
190. **HIGH COUNTRY GUEST RANCH AND TRAIL RIDES**—New cabins, swimming pool, hot tubs, horses, breakfast.
191. **HISTORIC HOT SPRINGS**—Southern gateway of the Black Hills, natural wonders, warm water—warm people.
192. **MT. RUSHMORE BLACK HILLS GOLD FACTORY AND OUTLET STORE**—Free factory tours. See lost wax casting, design to finish, beautifully handcrafted. Factory direct prices.
193. **MT. RUSHMORE'S PRESIDENTS VIEW RESORT**—Great lodging at the base of Mt. Rushmore. Close to all major attractions. Kids stay free.
194. **PALMER GULCH RESORT/MT. RUSHMORE KOA**—Luxury resort closest to Mt. Rushmore. Lodge, cabins, deluxe campsites.
195. **PIERRE**—Explore as Lewis and Clark did. Safe, quiet and relaxing. Come visit us!
196. **RAPID CITY**—Your hub for vacationing in South Dakota's Black Hills, Mt. Rushmore, Crazy Horse.
197. **REPTILE GARDENS**—Beautiful! 50,000 flowers, tropical orchids. Exciting! Komodo dragons, shows. USA Today Top 10 Roadside Attraction.
198. **RUSHMORE EXPRESS**—Rustic yet modern mountain setting, spacious rooms, continental breakfast. Our guests are our friends.
199. **RUSHMORE VIEW INN**—Perfect central location for your Black Hills vacation. Views of Mount Rushmore, restaurant on site.
200. **SIOUX FALLS**—South Dakota's largest city. One hour off the Lewis and Clark Trail.
201. **SOUTH DAKOTA**—From Mount Rushmore to Custer State Park's bison, everything about us is wild and free.
202. **WASHINGTON PAVILION OF ARTS AND SCIENCE**—Science center, visual arts and performance halls. Come explore!
203. **WATERTOWN**—Family memories made here. Reminisce while visiting Terry Redlin's Art Gallery. Fun for all.
204. **YANKTON**—Follow the Lewis and Clark Trail to Yankton. Water recreation, culture, historic charm abounds.
205. **ALL SOUTH DAKOTA OFFERS**

Tennessee

206. **CHATTANOOGA**—Visit the south's most scenic city, Chattanooga! Arts, attractions, rafting, shopping and dining in the East Tennessee mountains. Send for free visitor guide.
207. **EAST TENNESSEE AND SMOKY MOUNTAIN VACATIONS**—Majestic mountains, breathtaking beauty, exciting attractions! Order FREE Vacation Guide.
208. **ALL TENNESSEE OFFERS**

Texas

209. **TEXAS TOURISM**—FREE Texas Travel Guide with over 260 pages of helpful information.

Vermont

210. **COMFORT INN & SUITES**—Visit Vermont's Newest Hotel! Offering St. Johnsbury, Vermont's best hiking, biking, canoeing, kayaking and golf vacations.
211. **HILDENE**—Historic former home of Abraham Lincoln's descendants in Manchester, VT. Tours conducted mid-May through October.
212. **LAKE MOREY RESORT**—18-hole championship golf course. 600-acre lake. Free kids program. Golf, tennis, pools, biking, boating, lakeside dining, entertainment.
213. **MID VERMONT FOR ALL SEASONS**—From the Green Mountains to Lake Champlain, Middlebury, Bristol, Vergennes.
214. **ROCK OF AGES VISITOR CENTER**—Exciting tours! World's largest dimension granite quarry. History, geology, technology, artistry, gifts—something for everyone.
215. **SMUGGLERS' NOTCH RESORT**—America's Family Resort! Mountainside Village. Award-winning children's programs, pools/waterslides and more! Family Fun Guaranteed!
216. **STOWE**—Central reservations and visitor information center for our legendary New England mountain village.
217. **THE MOUNTAIN ROAD RESORT**—Stowe's Intimate AAA Four-Diamond Resort. Lovely property, refined accommodations, wonderful amenities, warm personal attention.
218. **TRAPP FAMILY LODGE**—A mountain resort in the European tradition by the family that inspired "The Sound of Music."
219. **VERMONT**—Old-fashioned summer fun, full of real places and real adventures. See our ad.
220. **WISE VACATIONS**—Your resource to the best vacation rentals in Vermont!
221. **WOODSTOCK INN AND RESORT**—Laurance Rockefeller's Woodstock Inn & Resort is a complete resort, located in one of the most beautiful villages in New England.
222. **ALL VERMONT OFFERS**

Virginia

223. **CHESAPEAKE BAY BRIDGE-TUNNEL**—A modern wonder spanning 17.6 miles across the Chesapeake Bay. Brochure includes east coast map.
224. **MANASSAS**—For history lovers who deserve a getaway ... a unique travel experience offering shopping, dining, dinner theater and more.
225. **NEWPORT NEWS**—The Oceans, the Ships, the Wars, the History of America minutes from Williamsburg.
226. **WILLIAMSBURG FLEX VACATION**—Revolutionary package includes 5 major attractions, 4 days, 3 nights, 2 people. Only $527.
227. **ALL VIRGINIA OFFERS**

West Virginia

228. **WEST VIRGINIA**—To discover why we call West Virginia wild and wonderful get your free travel guide.

Wisconsin

229. **THE KENOSHA AREA**—Your getaway to Wisconsin! Enjoy Lake Michigan, outlet shopping, historic districts and much more! Free Visitors Guide.

Wyoming

230. **VISIT TORRINGTON, GOSHEN COUNTY**—Gateway to the West. Five historic trails. Home of Old Fort Laramie.

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When You're Depressed

by Catherine Hamrick

"Depression wears me out," says Maggie, the 40-year-old mother of a 7-year-old son and 9-month-old daughter. "Sometimes it's hard to sleep. Minutes flip by on the clock radio until daylight pales. The day is facing me down, but I need to get up. My baby is chattering in her crib, and my son will be asking about the sneakers he misplaced last night...."

Maggie is not alone. Twenty percent of Americans suffer from depression sometime in their lives. Yet whatever difficulties and fears depressed parents face, they have a central focus: "Will my child be all right?" says William R. Beardslee, M.D., who serves as physician-in-chief and chairman of the Department of Psychiatry at Children's Hospital in Boston and as Gardner Monks Professor of Child Psychiatry at Harvard Medical School.

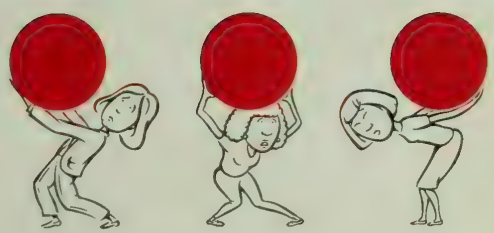
Since 1979 Beardslee has worked with families affected by depression. Instead of understanding and treating only the individual, he approaches depression as a family illness. In his book, *Out of the Darkened Room: When a Parent is Depressed: Protecting the Children and Strengthening the Family* (available by July 2002), Beardslee offers strategies that give families the tools to deal constructively with depression. This work draws on his long-term study of resilient children from depressed families. In a conversational style devoid of technical jargon, the book tells the stories of many families where children found ways to cope and even thrive, despite parents' mental afflictions.

"Depression is destructive. It breaks down families' ability to understand the illness together," says Beardslee. His book explains the fears of depressed parents. They worry about genetically passing on the illness to their children; hurting them by being withdrawn or irritable; or being overwhelmed at times by parental responsibilities. And they may feel ashamed.

continued on page 266

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Menorrhagia (men-or-ah-jza) is defined as excessive menstrual bleeding. More than 1 in 5 women around the world suffer with it. Yet, half of the women in the United States who experience menorrhagia don't seek treatment. Perhaps that's because they don't know about a simple treatment that has been proven to reduce their menstrual flow by 86% on average.

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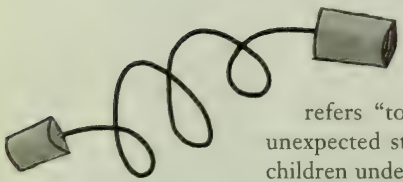
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Resilient children offer hope

Children are often left out of any explanation of what depression is, although they witness—and live through—the disruptions of their parents' experiences, says Beardslee. Kids may see depressed parents crying for no seeming reason, nagging spouses, avoiding contact with family members, losing sleep, getting angry, and feeling despair. Many of these children think they have caused their parents' illness.

Understanding of the disease is needed by all in the family so some of their fears and confusions can be put to rest. The starting point is knowledge of the biological causes, diagnoses, and treatments of depression. Early chapters in the book take families through this process.



Then Beardslee explains a major concept: resilience, which refers "to the emergence over time of unexpected strengths and competencies" in children undergoing adversity. After studying young people for nearly two decades, Beardslee has found that many were resilient, reaching an understanding of themselves and their depressed parents. As these children matured and adapted, they realized their parents' depression would return and learned to recognize that recurrence. They also developed strategies to offset the depression's effect on themselves. The children believed actions, such as building nurturing relationships among friends and family, made a difference.

The family meetings **enable** depressed parents to **connect** once more with their partners, to **recover** strength, and to **rear** their children successfully.

Depressed parents reconnect

Beardslee shows families how to communicate by holding ongoing family meetings that enable depressed parents to reconnect with their partners, to recover family strength, and to rear their children successfully. Also, children are reassured that their depressed parents will be all right. (The box, *right*, details how to prepare family members for the first meetings.)

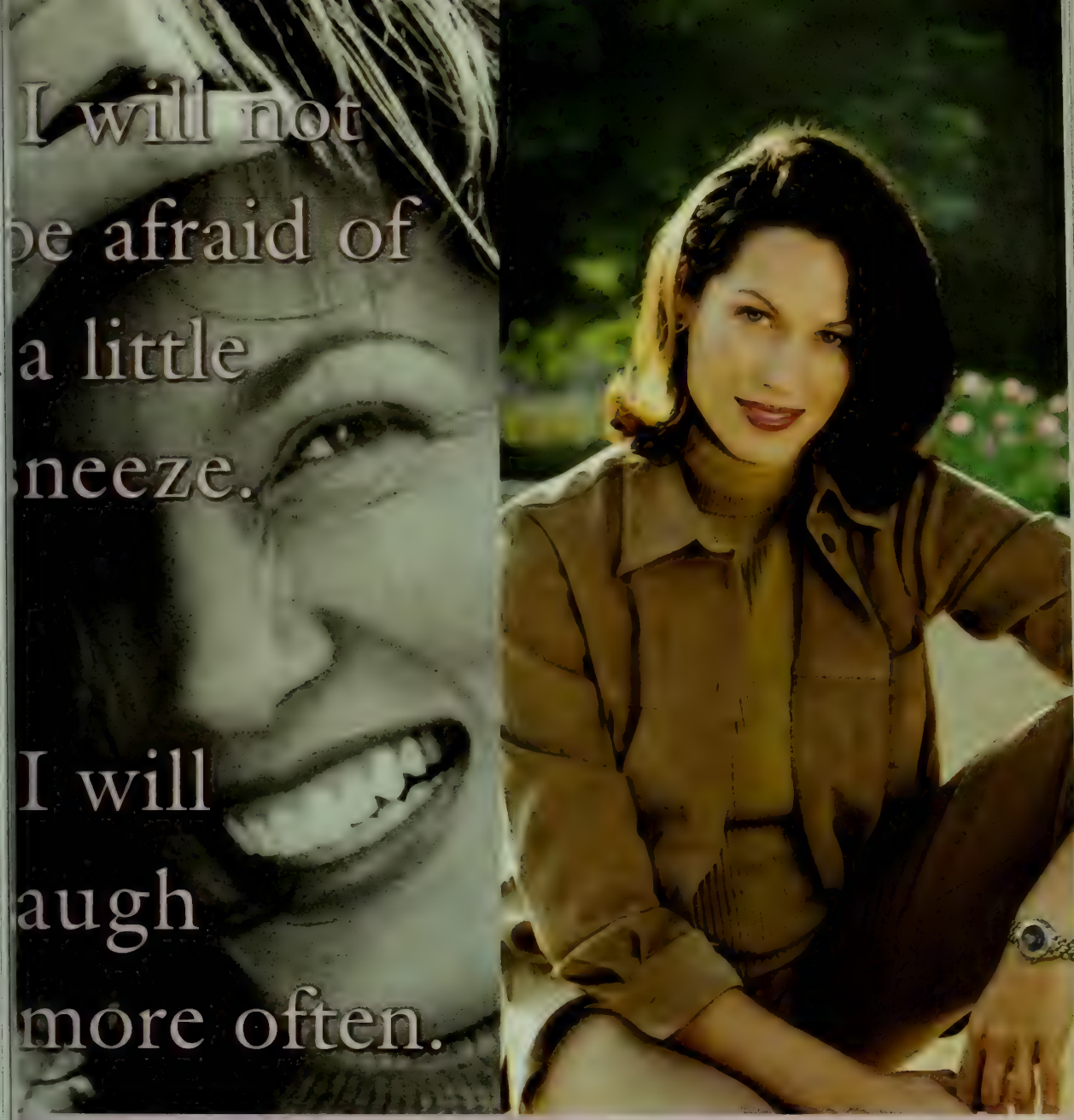
"Consistent scheduling of family meetings is important," says Beardslee. "Some families choose to meet weekly, others less frequently. Meetings should be arranged in a way most convenient for the family—for example, not on Friday night if adolescents are going out."

In most cases, the frequency of the meetings varies according to what is being discussed, says

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PLAN AHEAD FOR MEETINGS

- Timing is crucial. Have a meeting only when everyone is ready. Anyone in the throes of a first or recurrent depression or a job loss cannot explore a new way of communicating or focus on prevention.
- Get everyone in the household, whether a motivated spouse or reluctant children, to commit to the process.
- Talk to your partner. You both need to accept depression as an unwelcome illness, not an embarrassing secret, and to have a clear understanding of how it has affected your relationship. Decide together what to bring up. If certain events worry you deeply, such as feelings of suicide or tensions with other family members, avoid bringing them up around children.
- Prepare your children. Open communication is not easy; it means confronting the fear about whether or not you have harmed your child. Examine the essential patterns of your children's lives. Despite a parent's traumatic experience with depression, do the siblings still feel close? Do they continue with school activities? Are their friendships strong? In the midst of family devastation, many children stay resilient, which offers tremendous hope.
- Before a family meeting, parents may encourage their children to meet with a clinician, who can determine their general state of mind, any potential risk for childhood depression, and signs of resilience. In turn, the children can ask questions. Although adults may fear that the clinician will judge them as "bad" parents, a significant step has been taken to give children a voice.
- How you prepare a child for a family meeting depends on age. A 6-year-old simply may need reassurance that tomorrow will be OK, but a 12-year-old can remember and talk about the past; what's more, he or she will ask questions about the long-term future. Beardslee advocates including every child in the household who can sit still and talk. However, parents may opt not to include children younger than 3 years.
- Family members need to feel safe during the meeting. Reassure all that anyone who speaks up will be heard, not criticized.



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When You're Depressed

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Make sure the children do not **blame** themselves or **feel** responsible for the family's **pain**.

Beardslee. "Usually, fairly frequent meetings occur as families first break the silence to talk to their children," he says. "Then they meet somewhat less frequently." Frequency may be stepped up if depression recurs or as other major events take place in the family, such as children leaving home.

Some families will choose to involve a clinician in meetings, while others—with careful preparation—will conduct meetings on their own. Although played out uniquely in each family, these meetings have four key objectives:

- To reassure the children that the depressed parent will be okay and that the illness will not overwhelm the family.
- To stress that no one is guilty or to blame, especially the children.
- To present the positives—the family strengths that exist and will need to be enhanced.
- To share some information about depression and treatment.

Ground rules for the meeting

Family meetings are an ongoing dialogue, instead of a simple recap of what has happened to the depressed parent. Parents can set the tone by talking to their children, and by being direct and responding honestly to questions, says Beardslee. Depressed parents and their partners use these guidelines as a framework. (A single parent may ask a trusted friend to join in.)

- Share what actions are being taking, such as counseling and medication. Reassure the family that life will go on.
- Help the children feel comfortable enough to talk about what frightens them, addressing their concerns directly. Make sure the children don't feel responsible for the family's pain. Depression can wreak havoc, and children's activities may get lost in the shuffle. Dealing with the chaos restores security.
- Explain that the family will come to understand depression as a part of their life together, not as a single disruptive event.
- Children need to know that the family will hold follow-up sessions to acknowledge positives

and to deal with future concerns. It's essential that parents keep talking with their children. Kids may not respond immediately, but they do think about what has been said, says Beardslee. If they don't want to talk about a subject now, they may do so later.

▪ The family needs to draw on all available resources to get through the depression. In addition to the health-care team, the family needs informal child-care helpers who are trustworthy and will communicate clearly. Adult friends and relatives can help children resume routine activities, such as sports and church.

Into the future

Beardslee encourages depressed parents to get into the habit of self-reflection. Keeping a notebook is useful for recording how treatment is going; noting strategies that work for family members; working through a conflict with a partner; and recording joyful events.

The healing process may go on for years. What begins as a way to recognize and deal with a parent's depression becomes a shared history that may evolve and become richly meaningful as children grow and change.

Beardslee's knowledge and passion for this issue springs from his own quest for answers following his sister's depression and suicide. He wondered for years whether she had driven herself too hard, pushing to meet high academic and professional standards.

As a parent, Beardslee questioned how hard he pushed his own children and wanted to communicate this to one of his daughters. "I told her about my sister," he writes. "Drawing on a lifetime of experience, I thought, beautifully combining insight and linking it directly to her life experience, I suggested that in addition to her wonderful social presence and great interest in her friends, perhaps slightly more emphasis on the pursuit of scholarship would be in order." He noted his own conflicts, hoping that his openness would produce the result he intended. His daughter breezily thanked him "for sharing his issues," then asked if she could borrow the car. ⌂

Friends and relatives can help children resume routine activities, such as sports and church.





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Motherhood changes everything.

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Meet Mirena®: Birth control for moms.

You know how it is. You wake up one morning and—whammo! You've gone from being "just the two of us" to being a family. The best part is that motherhood changes how you experience love. Love for your child is unlike anything you've ever felt before. And love for your partner takes on a whole new meaning. When the two of you finally find some time for intimacy, nothing should stand in your way. That's precisely why you should ask your doctor about a birth control option that's especially great for moms—Mirena.

Innovative and over 99% effective, Mirena frees you from worrying about birth control for up to 5 years. There are no pills to remember. Nothing to fuss with. Nothing to break the mood. (Whoopee!)

Easily inserted by your doctor in a routine office visit, Mirena is perfect for family planning as well. If you decide you want to have more children, just have Mirena removed. Studies show your chances of getting pregnant after Mirena are the same as for women who have not been using any method of birth control. Plus, Mirena may give you shorter, lighter periods and is estrogen-free.

You'll also be pleased to know that Mirena is an intrauterine system with a proven track record. It's FDA approved and has been successfully used by 2 million women in Europe over the past ten years. They already know that with all you have to think about as a new mom, not having to worry about birth control is really nice for a change.



Ask your doctor about Mirena—Birth control for moms. For more information, you can visit www.mirena.com/bh or call 1-800-986-1515 for a free brochure.

You may have some questions we can answer right now. For instance, "Is intrauterine contraception right for me?" Only your doctor can determine that, but women with a history of or at risk for pelvic inflammatory disease or ectopic pregnancy should not use Mirena. Otherwise, most moms are typically good candidates for Mirena. "What about side effects?" you ask. Well, they're uncommon and may include a cyst on the ovaries, missed menstrual periods, irregular bleeding or spotting for the first 3-6 months, or lighter, shorter periods thereafter. *Mirena does not protect against HIV (AIDS) and other sexually transmitted diseases.* Please see brief summary of Prescribing Information on the reverse side.

Mirena®
(levonorgestrel-releasing intrauterine system) 20 µg/day

—Birth control for Moms.

MIRENA® (levonorgestrel-releasing intrauterine system)

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTHER SEXUALLY TRANSMITTED DISEASES

Rx only

INDICATIONS AND USAGE: MIRENA® is indicated for intrauterine contraception for up to 5 years. Thereafter, if continued contraception is desired, the system should be replaced. **RECOMMENDED PATIENT PROFILE:** MIRENA® is recommended for women who have had at least one child, are in a stable, mutually monogamous relationship, have no history of pelvic inflammatory disease, and have no history of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

CONTRAINDICATIONS: MIRENA® insertion is contraindicated when one or more of the following conditions exist: 1. Pregnancy or suspicion of pregnancy. 2. Congenital or acquired uterine anomaly including fibroids if they distort the uterine cavity. 3. Acute pelvic inflammatory disease or a history of pelvic inflammatory disease unless there has been a subsequent intrauterine pregnancy. 4. Postpartum endometritis or infected abortion in the past 3 months. 5. Known or suspected uterine or cervical neoplasia or unresolved, abnormal Pap smear. 6. Genital bleeding of unknown etiology. 7. Untreated acute cervicitis or vaginitis, including bacterial vaginosis or other lower genital tract infections until infection is controlled. 8. Acute liver disease or liver tumor (benign or malignant). 9. Woman or her partner has multiple sexual partners. 10. Conditions associated with increased susceptibility to infections with microorganisms. Such conditions include, but are not limited to, leukemia, acquired immune deficiency syndrome (AIDS), and I.V. drug abuse. 11. Genital actinomycosis (See **WARNINGS**). 12. A previously inserted IUD that has not been removed. 13. Hypersensitivity to any component of this product. 14. Known or suspected carcinoma of the breast. 15. History of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

WARNINGS: 1. Ectopic Pregnancy: In large clinical trials of MIRENA®, half of all pregnancies detected during the studies were ectopic. The per-year incidence of ectopic pregnancy in the clinical trials was approximately 1 ectopic pregnancy per 1000 users per year. The rate of ectopic pregnancies associated with MIRENA® use is not significantly different than the rate for sexually active women not using any contraception. Clinical trials of MIRENA® excluded women with a history of ectopic pregnancy. MIRENA® is not recommended for use in women with a history of ectopic pregnancy or conditions that increase the risk of ectopic pregnancy. Women who choose MIRENA® must be warned about the risks of ectopic pregnancy. They should be taught to recognize and report to their physician promptly any symptoms of ectopic pregnancy. Women should also be informed that ectopic pregnancy has been associated with complications leading to loss of fertility. **2. Intrauterine Pregnancy:** In the event of an intrauterine pregnancy with MIRENA® the following should be considered. a) Septic abortion: In patients becoming pregnant with an IUD in place, septic abortion—with septicemia, septic shock, and death—may occur. If pregnancy should occur with a MIRENA® in place, MIRENA® should be removed. Removal or manipulation of MIRENA® may result in pregnancy loss. b) Continuation of pregnancy: If a woman becomes pregnant with MIRENA® in place and if MIRENA® cannot be removed or the woman chooses not to have it removed, she should be warned that failure to remove MIRENA® increases the risk of miscarriage, sepsis, premature labor and premature delivery. She should be followed closely and advised to report immediately any flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge or leakage of fluid. c) Long-term effects and congenital anomalies: When pregnancy continues with MIRENA® in place, long-term effects on the offspring are unknown. Because of the intrauterine administration of levonorgestrel and local exposure to the hormone, the possibility of teratogenicity following exposure to MIRENA® cannot be completely excluded. Clinical experience with the outcomes of pregnancies is limited due to the small number of reported pregnancies following exposure to MIRENA®. Congenital anomalies have occurred infrequently when MIRENA® has been in place during pregnancy. In these cases the role of MIRENA® in the development of the congenital anomalies is unknown. As of September 1999, 32 live births following exposure to MIRENA® were reported retrospectively. All but 2 of the infants were healthy at birth. One infant had pulmonary artery hypoplasia and another infant had cystic hypoplastic kidneys. (A sibling of this infant had renal agenesis with no MIRENA® exposure.) **3. Sepsis:** As of 1999, four cases of Group A streptococcal sepsis (GAS) out of an estimated 1.3 million MIRENA® users were reported. All four women experienced the symptom of severe pain within hours of insertion, and this was followed by sepsis within a few days (of insertion). All recovered with treatment. Since death from GAS is more likely if treatment is delayed, it is important to be aware of these rare but serious infections. Aseptic technique during MIRENA® insertion is essential. (GAS sepsis can also occur postpartum, after minor surgery, in wounds and in association with other IUDs.) **4. Pelvic Inflammatory Disease (PID):** MIRENA® is contraindicated in the presence of known or suspected PID or in women with a history of PID unless there has been a subsequent intrauterine pregnancy. Use of IUDs has been associated with an increased risk of PID. The highest risk of PID occurs shortly after insertion (usually within the first 20 days thereafter) (see **Insertion Precautions**). A decision to use MIRENA® must include consideration of the risks of PID. a) Women at increased risk for PID: PID is often associated with a sexually transmitted disease, and MIRENA® does not protect against sexually transmitted disease. The risk of PID is greater for women who have multiple sexual partners, and also for women whose sexual partner(s) have multiple sexual partners. Women who have ever had PID are at increased risk for a recurrence or re-infection. b) PID warning to MIRENA® users: All women who choose MIRENA® must be informed prior to insertion about the possibility of PID and that PID can cause tubal damage leading to ectopic pregnancy or infertility, or in infrequent cases can necessitate hysterectomy, or can cause death. Patients must be taught to recognize and report to their physician promptly any symptoms of pelvic inflammatory disease. These symptoms include development of menstrual disorders (prolonged or heavy bleeding), unusual vaginal discharge, abdominal or pelvic pain or tenderness, dyspareunia, chills, and fever. c) Asymptomatic PID: PID may be asymptomatic but still result in tubal damage and its sequelae. d) Treatment of PID: Following a diagnosis of PID, or suspected PID, bacteriologic specimens should be obtained and antibiotic therapy should be initiated promptly. Removal of MIRENA® after initiation of antibiotic therapy is usually appropriate. Guidelines for PID treatment are available from the Centers for Disease Control (CDC), Atlanta, Georgia. Adequate PID treatment requires the application of current standards of therapy prevailing at the time of occurrence of the infection with reference to prescription labeling. Actinomycosis has been associated with IUDs. Symptomatic women with IUDs should have the IUD removed and should receive antibiotics. However, the management of the asymptomatic carrier is controversial because actinomycetes can be found normally in the genital tract cultures in healthy women without IUDs. False positive findings of actinomycosis on Pap smears can be a problem. When possible, confirm the Pap smear diagnosis with cultures. **5. Irregular Bleeding and Amenorrhea:** MIRENA® can alter the bleeding pattern. During the first three to six months of MIRENA® use the number of bleeding and spotting days may be increased and bleeding patterns may be irregular. Thereafter the number of bleeding and spotting days usually decreases but bleeding may remain irregular. If bleeding irregularities develop during prolonged treatment, appropriate diagnostic measures should be taken to rule out endometrial pathology. Amenorrhea develops in approximately 20% of MIRENA® users by one year. The possibility of pregnancy should be considered if menstruation does not occur within six weeks of the onset of previous menstruation. Once pregnancy has been excluded, repeated pregnancy tests are not necessary in amenorrheic subjects unless indicated by other signs of pregnancy or by pelvic pain. **6. Embedment:** Partial penetration or embedment of MIRENA® in the myometrium may decrease contraceptive effectiveness and can result in difficult removals. **7. Perforation:** An IUD may perforate the uterus or cervix, most often during insertion although the perforation may not be detected until some time later. If perforation occurs, the IUD must be removed and surgery may be required. Adhesions, peritonitis, intestinal perforations, intestinal obstruction, abscesses and erosion of adjacent viscera have been reported with IUDs. It is recommended that postpartum MIRENA® insertion be delayed until uterine involution is complete to decrease perforation risk. There is an increased risk of perforation in women who are lactating. Inserting MIRENA® immediately after first trimester abortion is not known to increase the risk of perforation, but insertion after second trimester abortion should be delayed until uterine involution is complete. **8. Ovarian Cysts:** Since the contraceptive effect of MIRENA® is mainly due to its local effect, ovulatory cycles with follicular rupture usually occur in women of fertile age using MIRENA®. Sometimes atresia of the follicle is delayed and the follicle may continue to grow. Enlarged follicles have been diagnosed in about 12% of the subjects using MIRENA®. Most of these follicles are asymptomatic, although some may be accompanied by pelvic pain or dyspareunia. In most cases the enlarged follicles disappear spontaneously during two to three months' observation. Surgical intervention is not usually required. **9. Breast Cancer:** Women who currently have or have had breast cancer should not use hormonal contraception because breast cancer is a hormone-sensitive tumor. **10. Risks of Mortality:** The available data from a variety of sources have been analyzed to estimate the risk of death associated with various methods of contraception. The estimates of risk of death include the combined risk of the contraceptive method plus the risk of pregnancy or abortion in the event of method failure. The findings of the analysis are shown in the following table: **Annual Number of Birth-Related or Method-Related Deaths Associated with Control of Fertility per 100,000 Nonsterile Women, by Fertility Control Method According to Age**

	AGE GROUP					
METHODS	15-19	20-24	25-29	30-34	35-39	40-44
No Birth Control Method/Term	4.7	5.4	4.8	6.3	11.7	20.6
No Birth Control Method/AB	2.1	2.0	1.6	1.9	2.8	5.3
IUD	0.2	0.3	0.2	0.1	0.3	0.6
Periodic Abstinence	1.4	1.3	0.7	1.0	1.0	1.9
Withdrawal	0.9	1.7	0.9	1.3	0.8	1.5
Condom	0.6	1.2	0.6	0.9	0.5	1.0
Diaphragm/Cap	0.6	1.1	0.6	0.9	1.6	3.1
Sponge	0.8	1.5	0.8	1.1	2.2	4.1
Spermicides	1.6	1.9	1.4	1.9	1.5	2.7
Oral Contraceptives	0.8	1.3	1.1	1.8	1.0	1.9
Implants/Injectables	0.2	0.6	0.5	0.8	0.5	0.6
Tubal Sterilization	1.3	1.2	1.1	1.1	1.2	1.3
Vasectomy	0.1	0.1	0.1	0.1	0.1	0.2

Hartap S. et al. Preventing pregnancy, protecting health: a new look at birth control choices in the US. The Alan Guttmacher Institute. 1991 1-129



PRECAUTIONS

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTH SEXUALLY TRANSMITTED DISEASES.

1. Patient Counseling: Prior to insertion, the physician, nurse, or other trained health professional must provide the patient v the Patient Package Insert. The patient should be given the opportunity to read the information and discuss fully any questions may have concerning MIRENA® as well as other methods of contraception. Careful and objective counseling of the user prio insertion regarding the expected bleeding pattern, the possible interindividual variation in changes in bleeding and the etiolog the changes may have an effect on the frequency of removal due to bleeding problems and amenorrhea. The patient should be that some bleeding such as irregular or prolonged bleeding and spotting, and/or cramps may occur during the first few weeks a insertion. If her symptoms continue or are severe she should report them to her health care provider. She should also be gi instructions on what other symptoms require her to call her physician. She should be instructed on how to check after menstrual period to make certain that the thread still protrudes from the cervix and cautioned not to pull on the thread and displ MIRENA®. She should be informed that there is no contraceptive protection if MIRENA® is displaced or expelled. **Patient Evalua and Clinical Considerations:** a) A complete medical and social history, including that of the partner, should be obtaine determine conditions that might influence the selection of an IUD for contraception (see **CONTRAINDICATIONS**). A phys examination should include a pelvic examination, a Pap smear, and appropriate tests for any other forms of genital disease, s as gonorrhea and chlamydia laboratory evaluations, if indicated. **Special attention must be given to ascertaining whether woman is at increased risk of ectopic pregnancy or PID. MIRENA® is contraindicated in these women.** b) **The health provider should determine that the patient is not pregnant.** The possibility of insertion of MIRENA® in the presence o existing undetermined pregnancy is reduced if insertion is performed within 7 days of the onset of a menstrual period. MIRE can be replaced by a new system at any time in the cycle. MIRENA® can be inserted immediately after first trimester abor c) MIRENA® should not be inserted until 6 weeks postpartum or until involution of the uterus is complete in order to reduce incidence of perforation and expulsion. d) Patients with certain types of valvular or congenital heart disease and surgi constructed systemic-pulmonary shunts are at increased risk of infective endocarditis. Use of MIRENA® in these patients represent a potential source of septic emboli. Patients with known congenital heart disease who may be at increased risk sh be treated with appropriate antibiotics at the time of insertion and removal. Patients requiring chronic corticosteroid therap insulin for diabetes should be monitored with special care for infection. e) MIRENA® should be used with caution in patient have a coagulopathy or are receiving anticoagulants. f.) Use of MIRENA® in patients with vaginitis or cervicitis should be postp until proper treatment has eradicated the infection and until it has been shown that the cervicitis is not due to gonorrhe chlamydia (see **CONTRAINDICATIONS**). **2. Insertion Precautions:** Because the presence of organisms capable of establishin cannot be determined by appearance, and because IUD insertion may be associated with introduction of vaginal bacteria int uterus, strict asepsis should be observed at insertion. Administration of antibiotics may be considered, but the utility of treatment is unknown. The uterus should be carefully sounded prior to MIRENA® insertion to determine the degree of patency endocervical canal and the internal os, and the direction and depth of the uterine cavity. In occasional cases, severe ce stenosis may be encountered. Do not use excessive force to overcome this resistance. Syncope, bradycardia, or neurovascular episodes may occur during insertion or removal of MIRENA®, especially in patients with a predisposition to conditions or cervical stenosis. If decreased pulse, perspiration, or pallor are observed, the patient should remain supine until signs have disappeared. **3. Continuation and Removal:** MIRENA® must be replaced every 5 years because contrace effectiveness after 5 years has not been established. a) User complaints of pain, odorous discharge, bleeding, fever, genital ir or sores should be promptly responded to and prompt examination recommended. (See **WARNINGS** regarding amenorrhea) examination during visits subsequent to insertion reveals that the length of the threads has changed from the length at ti insertion, and the system is verified as displaced, it should be removed. A new system may be inserted at that time or durin next menses if it is certain that conception has not occurred. If the threads are not visible, location of the MIRENA® shou verified, for example with X-ray, ultrasound, or gentle probing of the uterine cavity. If the MIRENA® is in place with no evider perforation, no intervention is indicated. If expulsion has occurred, it may be replaced within 7 days of a menstrual perioc pregnancy has been ruled out. c) Since MIRENA® may be displaced, patients should be reexamined and evaluated shortly aft first postinsertion menses, but definitely within 3 months after insertion. Symptoms of the partial or complete expulsion of ar may include bleeding or pain. However, the system can be expelled from the uterine cavity without the woman noticing it. U expulsion may decrease the effectiveness of MIRENA®. As menstrual flow usually decreases after the first 3 to 6 mon MIRENA® use, increase of menstrual flow may be indicative of an expulsion. d) In the event a pregnancy is confirmed MIRENA® use, the following steps should be taken: • Determine whether pregnancy is ectopic and take appropriate measi it is. • Inform patient of the risks of leaving MIRENA® in place or removing it during pregnancy and of the lack of data on long effects on the offspring of women who have had MIRENA® in place during conception or ge (see **WARNINGS**). • If possible, MIRENA® should be removed after the patient has been w of the risks of removal. If removal is difficult, the patient should be counseled and c pregnancy termination. • If MIRENA® is left in place, the patient's course should be fo closely. e) Should the patient's relationship cease to be mutually monogamous, or shou partner become HIV positive, or acquire a sexually transmitted disease, she should be inst to report this change to her clinician immediately. The use of a barrier method as a protection against acquiring sexually transmitted diseases should be strongly recomm Removal of MIRENA® should be considered. f) MIRENA® should be removed for the fol medical reasons: menorrhagia and/or metrorrhagia producing anemia; acquired in deficiency syndrome (AIDS); sexually transmitted disease, pelvic infection; endometritis; symptomatic genital actinom intractable pelvic pain; severe dyspareunia; pregnancy; endometrial or cervical malignancy; uterine or cervical perforation retrieval threads are not visible, they may have retracted into the uterus or have been broken, or MIRENA® may have been perforated the uterus, or have been expelled. Location of MIRENA® may be determined by sonography, X-ray, or by exploration of the uterine cavity with a probe. h) Removal of the system should also be considered if any of the following cor arise for the first time: migraine, focal migraine with asymmetrical visual loss or other symptoms indicating transient c ischemia; exceptionally severe headache, jaundice, marked increase of blood pressure; severe arterial disease such as st myocardial infarction. **4. Glucose Tolerance:** Levonorgestrel may affect glucose tolerance, and the blood glucose concer should be monitored in diabetic users of MIRENA®.

DRUG INTERACTIONS: The effect of hormonal contraceptives may be impaired by drugs which induce liver enzymes. The in of these drugs on the contraceptive efficacy of MIRENA® has not been studied. **CARCINOGENESIS:** Long-term studies in to assess the carcinogenic potential of levonorgestrel releasing intrauterine system have not been performed. See **WAR** section. **PREGNANCY:** Pregnancy Category X. See **WARNINGS** section. **NURSING MOTHERS:** Levonorgestrel has been iden small quantities in the breast milk of lactating women using MIRENA®. In a study of 14 breastfeeding women using a M prototype during lactation, mean infant serum levels of levonorgestrel were approximately 7% of maternal serum levels. H contraceptives are not recommended as the contraceptive method of first choice during lactation. **PEDIATRIC USE:** Saf efficacy of MIRENA® have been established in women of reproductive age. Use of this product before menarche is not in (See **RECOMMENDED PATIENT PROFILE**.) **GERIATRIC USE:** MIRENA® has not been studied in women over age 65 and currently approved for use in this population. **INFORMATION FOR THE PATIENT:** See Patient Package Labeling. **Return to F** About 80% of women wishing to become pregnant conceived within 12 months after removal of MIRENA® **ADVERSE REA** The most serious adverse reactions associated with the use of MIRENA® are discussed in the **WARNINGS** section. Oth presented in the **PRECAUTIONS** section. Other adverse events reported by 5% or more subjects include: abdominal pai pain, nausea, decreased libido, leukorrhea, acne, nervousness, abnormal pap smear, headache, depression, dysme sinusitis, vaginitis, hypertension, weight increase, back pain, upper respiratory infection, skin disorder. Other reported reactions occurring in less than 3% of patients include: failed insertion, migraine, vomiting, anemia, cervicitis, dyspareu loss, eczema. **HOW SUPPLIED:** MIRENA® (levonorgestrel-releasing intrauterine system), containing a total of 52 mg levono is available in a carton of one sterile unit NDC# 50419-421-01. Each MIRENA® is packaged in a thermoformed blister pack w a peelable lid, together with an insertion tube which is then heat sealed into a secondary pouch. MIRENA® is supplie MIRENA® is sterilized with ethylene oxide. Do not resterilize. For single use only. Do not use if the inner package is dam open. Insert before the month shown on the label.

STORAGE AND HANDLING: Store at 25°C (77°F), with excursions permitted between 15°-30°C (59-86°F) [See **USP Co Room Temperature**]

DIRECTIONS FOR USE: NOTE: Health care providers are advised to become thoroughly familiar with the instructions before attempting insertion of MIRENA®.

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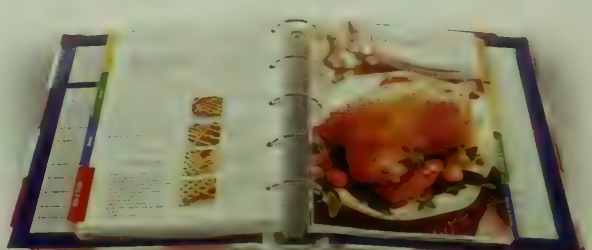


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Better Homes and Gardens® BOOKS

The Right Time to Bite



Get an early start at the orthodontist and smile, smile, smile.

When orthodontists here and in 30 countries need to educate patients about braces, they use training tools developed by Thomas P. Griffin, D.D.S., an orthodontist practicing in Birmingham, Alabama. So he was the one to visit when we wanted to understand the value of an orthodontic consult while children are young. As we found out, he recommends a first evaluation by age 7.

Q. Why is it important for my 7-year-old to have an appointment with an orthodontist?

A. The American Dental Association recommends this age for good reason. Kids lose their 20 baby teeth in two stages. Between ages 6½ and 8½, their front baby teeth fall out and are replaced by permanent teeth. Between ages 10½ and 12, children lose their remaining baby teeth, then permanent teeth appear. It's wise to seek treatment early because the orthodontist can detect dental and facial irregularities, for which the technical term is *malocclusion*, or "bad bite." He or she can intervene before the irregularities fully develop.

Q. What are signs of orthodontic problems?

A. The most commonly observed problem is crowding or overlapping teeth. When your child is 6 or 7 years old, you want to see a little spacing between teeth. Other common indications are early or late loss of teeth, difficulty in chewing or biting, mouth breathing, and grinding or clenching of teeth. Finger sucking, jaws that shift or make sounds, and upper front teeth that protrude or are "bucked" also may signal problems.

Q. How does early diagnosis help?

A. First, it allows for an early interceptive phase of treatment before all the permanent teeth come in—and that produces better results. Early diagnosis reduces damage or danger to permanent teeth that have erupted, as well as lowers risk of extracting permanent teeth or, in severe situations, having surgery done later. For example, a child who has crowded teeth by age 6 or 7 will have a severe problem by age 8 or 9—after the permanent incisors erupt. Early diagnosis may even reduce the complexity or costs of total treatment.

If your child does not require early treatment at the time of the initial consult, you're not making a wasted trip. Instead, you're ensuring proper treatment of your child's teeth. The orthodontist will put your child on a supervision schedule, allowing for treatment to begin at the most opportune time. The orthodontist can then monitor loss of baby teeth and eruption of permanent teeth. This supervision, including recall appointments, may simplify and shorten the time necessary for corrections. Treatment may be less taxing on your child and pocketbook.

Growth-related problems, such as discrepancy of jaw length, need to be addressed as soon as possible—while the active growth is still occurring. If left untreated until growth slows or stops, expensive and painful corrective surgery may be the only option.

Q. Can our family dentist correct my child's teeth?

A. Most dentists refer their patients to orthodontists, who specialize in the design, application, and control of corrective appliances—such as braces—to properly align teeth, lips, and jaws, and to achieve facial balance. They have completed an orthodontic residency program, which is advanced training of two or three years at an accredited dental school. Most of these individuals limit their practice to orthodontics. Many consumers are not aware that general dentists are legally capable of doing orthodontics after dental school. Some take courses in orthodontics, but how they train varies; always ask questions.

It pays to be proactive. Learn as much as you can about the treatment process. After all, you want your child to enjoy a beautiful, healthy smile for life.

—by Cynthia Barnes

New Luxuriously soft Quilted Northern Ultra®



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We make the things that make you feel at home.™

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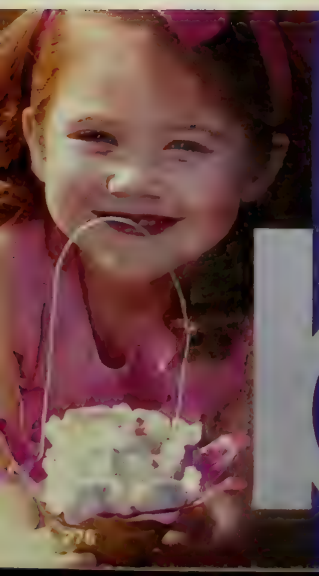
Be a May Basket trickster this May 1.

Leave a basket  on a friend's door,

 ring the doorbell, then run. 

Get caught and get  a kiss!

continued on page 278



May baskets

For him there's nothing worse than waking up cold, wet and alone.

Except waking up cold, wet and surrounded by friends.



his worst fear: that somewhere, at some point, his friends will find out he wets his bed. And he's alone. Seven million kids wet their beds, often the result of a bladder that simply hasn't grown as t as the rest of their body. And for them we offer GoodNites® absorbent underpants. Designed for s 45 to 125 pounds, they're disposable underpants that protect your child overnight. They have perior protection and fit, so they look and feel like regular underwear. And since he's the only person o'll know he's wearing them, they come with other benefits. Like privacy. Independence. nfidence. Things that will make you both sleep easier. Please visit www.goodnites.com to learn more.



GOODNITES® MEAN GOOD MORNINGS®

May Baskets

continued from page 276

Goody-Goody Gum Box

This fun basket takes only minutes to create. Rinse out and dry a paper milk carton, then cut it down to the height of a gum stick. Lightly glue gum sticks around the carton; then tie or glue a pretty ribbon around the center. Fill basket with colorful gum balls.



didyouknow?

- May Day is known as the happiest day of the year in Italy.
- In Germany, boys secretly plant May trees beneath the windows of their sweethearts.
- Flowers are draped around cows' tails as they are led in French May Day parades. Touching the cow is good luck.

continued on page 280

It reads like a Who's Who of ingredients.



You've never seen anything like this before. Beneful® brand dog food from Purina has wholesome grains for energy, protein-rich beef that helps build strong muscles and vegetables with vitamins and minerals. You'll love the complete nutrition. Your dog will love the taste. He'll only think he's getting spoiled. Beneful from Purina.

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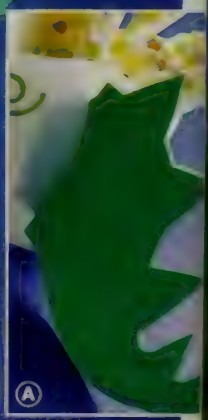
©2002 Ralston Purina Company

continued from page 278

Jurassic Basket

This is a dino-mite gift for your best buddy... and you don't have to be a paleontologist to make it. Remove the top of a one-quart plastic milk jug and then scallop the edge with scissors. Cut a head and tail (*photo A*) from craft foam, and attach by sliding pieces through thin slits cut into the front and back of the jug. Glue eyes to the head. Use craft paint to decorate the jug. Fill the basket with such treats as candy dinosaur eggs, gummy dinosaur candy, or almond bark spikes (shown here).

For almond bark recipe, see page 226



did you know?

- Superstition holds that washing the face in the May Day morning dew will retain youthful beauty.
- In Hawaii, May Day is Lei Day. People give the gift of a lei, a necklace of flowers. It goes around the neck and is accompanied by a kiss.
- May 1 is also Labor Day in many countries.

continued on page 282

EVERY KID GOES THROUGH STAGES.
FORTUNATELY, SO DO OUR NEW BRUSHES.



Stages 1

4- to 24-months
Brushing starts with the first tooth. Baby-soft bristles massage gums. Non-slip grip is easy for Moms to handle.

Stages 2

2- to 4-year-olds
Kids' mouths can't open wide enough, so our brush head is narrow. Easy-to-hold handles help kids learn to brush. Features Winnie the Pooh or Mickey.

Stages 3

5- to 7-year-olds
Kids tend to brush just one side of their teeth, so our cup-shaped bristles surround each tooth; Power Tip bristles target back teeth. Features Buzz Lightyear or Disney Princesses.

Stages 4

8-plus-year-olds
For first teeth, permanent teeth, gaps and tender gums, combination CrissCross® and flared bristles to clean and massage. The perfect brush for young adults who aren't adults yet.

told us they don't like
ush because it hurts, so
-B Stages brushes have
ioned heads.

That's the thing about kids: they're always growing. So we made a line of toothbrushes to meet their growing needs. New Oral-B® Stages™ is the only line of toothbrushes designed for the way kids' teeth grow, their motor skills, even how they think. Only from Oral-B. The brand more dentists use themselves.

INTRODUCING NEW

Oral-B Stages™

ney. Based on the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard

continued from page 280



Licorice and Lace

Give this sweet basket to friends who love frilly things. Punch a small hole on each side of two plastic cups, just below the rim. Place a doily inside one cup, then push the other cup over the doily and line up the cups' side holes. Keep the cups in place by pushing the end of a chenille stem through each set of holes in the cups. Bend up the stems' ends to hold the cups in place. Decorate the basket with craft paint or rickrack, as pictured here. Fill the basket with flowers or licorice whips.



Clowning Around

Surprise your kookiest friend with this fun basket. Cut a paper plate in half and roll into a cone, colored side out. Hold together by stapling. Cut a two-thirds wedge from another plate and roll into a cone, colored side in. Hold together by stapling. Add glue to the inside edge of the first cone. Put the second cone into the first (the glue will hold it in place); cut the edge into fun triangle shapes. Punch a hole in each side of the cone. Thread a wire through the holes and knot in place. Add beads to the knots for extra flair. Glue a bead to the base. Curl several lengths of ribbon and knot them together at one end. Glue the knot to the bottom bead. Fill with colorful candy or saltwater taffy.

did you know?

- In London, children go from home to home delivering flowers in return for pennies. The pennies are thrown into a wishing well and later collected for charity.
- In Germany, more weddings take place in May than in any other month.
- In many countries, a maypole with long ribbons attached to the top is part of the celebration. Dancers hold the ribbons and move around the pole in both directions, causing the ribbons to braid around the pole.



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CLARINEX
(desloratadine) 5mg TABLETS

Buying Information

continued from page 260

above). **Autumn Joy sedum**—Busse Gardens (address above). Forestfarm (address above). Kurt Bluemel, Inc. (address above). **Red Sentinel astilbe**—Kurt Bluemel, Inc. (address above). **Zagreb coreopsis**—Busse Gardens (address above). Kurt Bluemel, Inc. (address above). **Serissa**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401-1794; catalog $3.

Home Improvement Contest Winners

Pages 61–64: dining table—Mulberry Cottage, 45 Western Ave., South Portland, ME 04106-2411; 207/775-5011. **Dining chairs**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Green side table, lamps, wicker coffee table and wicker round table**—Maine Cottage Furniture, 20 Downeast Dr., Yarmouth, ME 04096; 207/846-3699. **Dining room rug,** "Iranian Gabbe Homespun" (Rust)—Hard Cider Farm Oriental Rugs, 45 Middle Rd., Falmouth, ME 04105-1817; 207/775-1600. **Living room rug,** "Iranian Gabbe Homespun" (Rust)—Araby Rug Galleries Inc., 305 Rte. 1, Falmouth, ME 04105-1309; 207/781-3686. **Blinds** (Cream)—Home Depot U.S.A., Inc.; 800/430-3376; www.homedepot.com. **Chandelier,** "Pacifica"—The Lighting Collection, 165 Waterman Dr., South Portland, ME 04106-3646; 207/799-1185. **Throws, glasses**—L.L. Bean, Inc., Casco St., Freeport, ME 04033-0001; 800/809-7057; www.llbean.com. **Wall paint** (Linen White)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Wood fireplace insert,** #2973 (Classic Black)—Vermont Castings, Rte. 107, Box 501, Bethel, UT 05032-9983; 800/227-8683. **Wicker furniture in library**—Pier 1 Imports; 800/245-4595; www.pier1.com. **Slipcovers for sofa and chairs** (White Denim)—Ralph Lauren Home, 1185 Ave. of the Americas, New York, NY 10036; 800/578-7656.
Page 66: microwave, stove, dishwasher, "Gallery Professional Series"—Frigidaire Home Products, 250 Bobby Jones Expwy., Augusta, GA 30907; 800/444-4944; www.frigidaire.com. **Rug**—Araby Rug (address above). **Cabinetry paint** (Linen White)—Benjamin Moore & Co.; 800/826-2623; Web site: www.benjaminmoore.com. **Countertops** (Black Granite), **cabinet hardware, cabinetry, and island**—Gilbert Miller, Maine Custom Kitchens, 326 Magrath Rd., Wilton, ME 04294; 207/645-3162. **Chandelier,** "Pacifica"—The Lighting Collection (address above). **Faucets,** "Revival" (Brushed Nickel)—Kohler Co.; 800/456-4537; www.kohlerco.com. **Sink and island sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60523; 630/574-8484; www.elkay.com.
Page 68: windows and French doors—Pella Corp., 102 Main St., Pella, IA 50219; 888/847-3552; Web site: www.pella.com. **Red hutch**—Cottonwood Mill & Cabinets, 12757 S. Minuteman Dr., Draper, UT 84020; 801/572-6550; Web site: www.cottonwood-cabinets.com. **White cabinetry**—Wood-mode, Inc., One Second St., Kreamer, PA 17833; 800/447-4700; Web site: www.wood-mode.com. **Dishwasher**—Bosch, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/866-2022; www.boschappliances.com. **Sink**—Elkay Mfg. Co. (address above). **Faucets**—Rohl, 1559 Sunland Lane, Costa Mesa, CA 92626; 714/557-1933; 800/777-9762; Web site: www.rohlhome.com. **Granite countertops** (Juparana Persa)—Alpha Granite & Marble, 2303 Merced, San Leandro, CA 94577; 510/357-6197. **Backsplash and tile mural**—Tile & Stone Concepts, 2037 Mount Diablo Blvd., Walnut Creek, CA 94596; 925/944-7800. **Wall paint,** No. 207 (Golden Grass)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Cooktop hood,** #EP18—Vent-a-hood, P.O. Box 830426, Richardson, TX 75083-0426; 972/235-5201; Web site: www.ventahood.com. **Cooktop**—Thermador, 5551 McFadden Ave., Huntington Beach, CA 92649; 800/656-9226; www.thermador.com. **Wire chandelier**—Interiors, 957 Dewing Ave., Ste. 1, Lafayette, CA 94549; 925/284-1556. **Miniature wire chair on counter**—Sunflower, Inc., 1243 Blvd. Way, Walnut Creek, CA 94595; 925/947-0543. **Bar stools,** "Campagna" (Distressed White)—Ballard Designs, 1670 DeFoor Ave., NW, Atlanta, GA 30318; 800/367-2775; www.ballarddesigns.com. **Skylight**—Velux America, Inc., P.O. Box 5001, Greenwood, SC 29648-5001; 800/283-2831; www.velux.com. **Bird plates above sink**—Traditions, 1716 Fourth St., Berkeley, CA 94710; 510/559-1760.
Page 70: wall paint, No. 984—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Chandelier**—thrift store. **Ceiling spot lights,** "Hampton Bay"—Home Depot U.S.A., Inc.; 800/430-3376; www.homedepot.com. **Sconces and large red transferware platters**—Forge Antiques, 3420 Mt. Diablo Blvd., Lafayette, CA 94549; 925/283-8024. **Dining table**—Reliance Antiques, 830 Gilman St., Berkeley, CA 94710; 510/525-7003. **Dining chairs**—Century Furniture Ind., P.O. Box 608, Hickory, NC 28603; 800/852-5552; Web site: www.centuryfurniture.com. **Table quilt, striped napkins, pewter candlesticks, candles**—Summer House Gallery, 21 Throckmorton Ave., Mill Valley, CA 94941; 415/383-6695. (***Bottom***): **cabinetry**—Wise Cabinetry; 925/820-6178. **Wall paint,** No. 207 (Golden Grass); **trim,** No. 70 (Linen White)—Benjamin Moore & Co.; 800/826-2623; Web site: www.benjaminmoore.com. **Sectional fabric** (Cullin Mushroom)—Sherrill Furniture Co., Box 189, Hickory, NC 28603; 828/322-2640. **Fireplace stone**—Alpha Granite & Marble, 2303 Merced, San Leandro, CA 94577; 510/357-6197. **Fireplace mantel,** made by contractor—Lance Young, 75 Bishop Ln., Walnut Creek, CA 94596; 925/934-9607. **Chair and ottoman**—Calico Corners, Walnut Road Business Park, 203 Gale Ln., Kennett Square, PA 19348; 800/213-6366; www.calicocorners.com. **Needlepoint pillow and throw on chair, French quilt on sectional back, small oval dish on sofa table**—Summer House Gallery, 21 Throckmorton Ave., Mill Valley, CA 94941; 415/383-6695.
Pages 72–75: cabinetry—UltraCraft Co., P.O. Box 1249, Liberty, NC 27298; 800/262-4046; www.ultracraft.com. **Sofa, star rug, lamp, coffee table, fabric for window treatment**—Ethan Allen, Inc., P.O. 1966, Danbury, CT 06813-1966; 800/228-9229; www.ethanallen.com. **Window blinds**—3 Day Blinds, 445 E. Townline Rd., Unit B, Vernon Hill, IL 60061; 847/522-7500. **Child's rocking chair, star pillows**—Crate and Barrel; 888/249-4155; www.crateandbarrel.com. **Striped pillows**—Pottery Barn; 800/922-5507; www.potterybarn.com. **Pitcher**—Cost Plus World Market, 200 Fourth St., Oakland, CA 94607; 800267-8758; www.costplusworldmarket.com. **Linoleum**—Armstrong World Ind., Consumer Response Center; 800/233-3823; www.armstrongfloors.com. **Kitchen cabinetry,** "Keystone" (Satin Cream), and "Bedford" (Golden Finish)—UltraCraft Co. (address above). **Star rug**—Ethan Allen, Inc. (address above). **Solid surface countertop,** "Gibraltar" (Antique White)—Wilsonart International, Inc., 2400 Wilson Pl., Temple, TX 76503; 800/433-3222; www.wilsonart.com. **Office cabinetry**—UltraCraft Co. (address above). **Desk chair**—Ethan Allen, Inc. (address above). **Carpet,** "Shaw" (Fifth Avenue)—Susman Linoleum and Rug Co., Inc., 3500 Grand Ave., Gurnee, IL 60031; 847/662-3330. **Laminate countertop** (Antique White)—Wilsonart International, Inc. (address above). **Laundry wallpaper**—Waverly, Consumer Referral Service; 800/423-5881; www.waverly.com. **Cabinetry,** "Seneca" (White)—UltraCraft Co. (address above). **Washer and dryer,** "Neptune"—Maytag, 403 W. Fourth St., N, Newton, IA 50208; 800/688-9900; www.maytag.com. **Sink,** "Riverfalls"—Kohler Co.; 800/456-4537; www.kohlerco.com. **Faucet**—Elkay Mfg. Co. (address above). **Rubbermaid baskets**—Target Stores; merchandise varies by store; 800/800-8800; www.target.com. **Rug**—Crate and Barrel; 888/249-4155; www.crateandbarrel.com.

Bathing Beauties

Page 80: "WET" banner—Banners to Go; 612/925-2883. **Towel monogramming**—a.k.a. Gifts and Monogramming; 612/915-6434. **Hamper**—Pier 1 Imports; 800/447-4376.
Page 82: bath brush, glass table, and bottles—Pier 1 Imports; 800/447-4376. **Stool** (stained)—IKEA Home Furnishings; 800/434-4532; www.ikea.com.

Mad for Mod

Page 86: wallpaper, 1950 Hawaiian—Second Hand Rose, 138 Duane St., New York, NY 10013-3854; 212/393-9002. **Vintage green silk bedspread; fabric on chair**—Gollyester, 136 S. LaBrea Ave., Los Angeles, CA 90036-2910; 323/931-1339.
Page 88: 1960 Swedish glass bowl—AKA, 1114 Abbot Kinney Blvd., Venice, CA 90291-3314; 310/399-1453. **Bertha Schaefer mosaic top table**—Gansevoort Gallery, 72 Gansevoort St., New York, NY 10014-1401; 212/633-0555. **Vintage brown bucket chair,** Bertoia—AKA (address above). **Vintage Japanese wallpaper**—Second Hand Rose (address above). **Fabric on deck chair**—Diamond Foam & Fabric, 611 S. LaBrea Ave., Los Angeles, CA 90036-3521; 323/931-8148.
Page 90 (*top right*): vintage Raffia Lamp—Fat Chance, 162 N. LaBrea Ave., Los Angeles, CA 90036-2912; 323/930-1960. **Vintage Raymor bowl**—AKA (address above). **Stone door pull**—Liz's Antique Hardware, 453 S. LaBrea Ave., Los Angeles, CA 90036-3523; 323/939-4402. (***Left***): **vintage wallpaper**—Second Hand Rose (address above). **Vintage industrial chair**—AKA (address above).
Page 92: wallpaper, red Chinese restaurant style—Second Hand Rose (address above). **Pillows**—Downtown, 719 N. La Cienega, Los Angeles, CA 90069-4709; 310/652-7461. **Gold, round side table**—Gollyester (address above).

Decked-Out Designs

Pages 96–99: market umbrella, blue cushions, blue striped cushions—All Seasons Casual Home & Patio, 5022 S. Division, Grand Rapids, MI 49548; 616/532-4610. **White chair and chaise**—Menards; for store locations call 715/876-2327. **Iron table and chairs**—Fruit Basket Flowerland, 765-28th St., SW, Grand Rapids, MI 48509; 616/532-5934. **Vinyl tablecloths, blue and white pillows in chairs**—Martha Stewart, Kmart; 800/635-6278; Web site: www.bluelight.com. **Stain for railing,** "Rymar S-T Pecan 3250"; **varnish for railing,** "Impervo Spar"—John Sevens Paint & Wallpaper, 3070-29th, SE, Grand Rapids, MI 49512; 616/942-6253.
Pages 100–101: sling chair—Pier 1 Imports; 800/447-4371; www.pier1.com. **Planters and copper tubing**—Home Depot U.S.A., Inc.; 800/553-3199; www.homedepot.com. **Plants**—Sunshine Gardens, 662 Encinitas Blvd., Encinitas, CA 92024-3788; 760/436-3244. **Deck flooring**—Trex Co., 20 S. Cameron St., Winchester, VA 22601; 800/289-8739; www.trex.com. **Wood for railings, benches,** "Ipe"—La Mesa Lumber, 8255 University Ave., La Mesa, CA 91941; 619/466-0511.
Page 103: furniture—Tropitone Furniture Co., 5 Marconi, Irvine, CA 92618; 949/951-2010; www.tropitone.com.

Gardener's Almanac

Pages 170–174: Golden Lights azalea—Roslyn Nursery, 211 Burrs Lane, Dix Hills, NY 11746; 631/643-9347; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544-9599; 541/846-7269; catalog $5. **Frosty Morn sedum, Autumn Joy sedum**—Bluestone Perennials, 7211 Middle Ridge Rd., Madison, OH 44057; 800/852-5243; free catalog. **Rose Glow barberry**—Forestfarm (address above). Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401-1794; catalog $3. **Purple fountain grass**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013-9523; catalog $3. Shady Oaks Nursery, P.O. Box 708, Waseca, MN 56093; 800/504-8006; free catalog. **Celosia**—Thompson & Morgan, P.O. Box 1308, Jackson, NJ 08527; 800/274-7333. **Acanthus**—Godwin Creek Gardens, P.O. Box 83, Williams, OR 97544; 541/846-7357; catalog $1. **Stipa tenuissima ornamental grass**—Niche Gardens, 1111 Dawson Rd., Chapel Hill, NC 27516; 919/967-0078; catalog $3. **Senecio**—Lauray of Salisbury, 432 Undermountain Rd., Rt. 41, Salisbury, CT 06068; 860/435-2263; catalog $2. **Dracaena**—Oak Hill Gardens, P.O. Box 25, Dundee, IL 60118; 847/428-8500; free catalog. **Phormium**—Gossler Farms Nursery, 1200 Weaver Rd., Springfield, OR 97478-9691; 541/746-3922; catalog $2.

Cactus and succulents—Joe's Nursery, P.O. Box 1867, Vista, CA 92085; 760/758-7042; catalog $1.

Style in the 'Burbs
Pages 188–189: pine cabinet—Mudd Lake Farm & Antiques; 952/955-2217. **Wing chair**—Pearson Mfg. Co., through Posh; 612/338-7674. **Lamp on round table**—Wayzata Lamp Co.; 952/449-9802. **White sofa**—Mudd Lake Farm & Antiques; 952/955-2217. **Chair fabric**, La Petite Ferme (Red/Yellow)—Waverly; 800/423-5881; www.waverly.com.
Pages 190–191: dining table, Drexel, Pinehurst Collection—Gabbert Design Studio; 952/836-2831. **Chandelier**—Lappin Lighting; 612/339-5555.
Pages 192–193: drapery, duvet, shams, and bed-skirt—Golden Fleece; 612/521-9509.
Page 194: cabinet faux finish—Holly Burn's Paint Magic; 763/498-6625.

Confessions of a Hollywood Homebody
Page 197: table—Pom-Pom, 326 N. La Brea Ave., Los Angeles, CA 90036; 323/934-2051.
Pages 198–199: pillows on sofa—The Gatehouse; 888/446-6269. **Chandelier**—Pom-Pom (address above).
Pages 200–201: stove—Viking Range Corp., 111 Front St., Greenwood, MS 38930; 888/845-4641. **Refrigerator**—Amana Appliances, 8901 Amana, Amana, IA 52204-0002; 800/688-9900. **Decorative painting throughout**—Luis Contreras through The Gatehouse; 888/446-6269.
Pages 202–203: pillows on window seat—The Gatehouse; 888/446-6269.
Pages 204–205: chandelier, side table with glass top—The Gatehouse; 888/446-6269. **Coffee table**—Pom-Pom (address above). **Chaise**—Sofa U Love, 1001 Montana Ave., Santa Monica, CA 90402; 310/393-8874. **Cupboard**—Civilization, 8884 Venice Blvd., Los Angeles, CA 90034; 310/202-8883.

Reader Shopping
Page 174: Golden Lights Azalea—Carroll Gardens, 444 E. Main St., Westminster, MD 21157.
Page 223: Microplane Zester/Grater—Grace Manufacturing, 614 SR 247, Russellville, AR 72802.
Page 226: The Olives Dessert Table—Simon & Schuster, 1230 Avenue of the Americas, New York, NY 10020. **Simply Tuscan** and **12 Seasons Cookbook**—Random House, 280 Park Ave., New York, NY 10017. **Tra Vigne Cookbook**—Chronicle Books, 85 Second St., San Francisco, CA 94105.
Page 232: Alphabet Cookie Cutters—R & M Intl., 6250 Keller's Church Rd., Pipersville, PA 18947; **Ice Cream and Sorbet Maker**—McDonald and Assoc. Cuisinart, 17314 Dayton Circle, Omaha, NE 68135.

architects & designers

Entry Upgrades
Page 42: architect—Tom Mitchell, P.O. Box 3952, Seattle, WA 98124; 206/935-3151. **Builder**—Gordon Gregg, City Builders, Inc., 21420-67th Ave., W, #B, Lynnwood, WA 98036; 425/670-1991.
Page 44: architect—Joe Schiffer, AIA, 52 Riverview Ave., Branford, CT 06405; 203/488-6776. **Builders**—William Thompson and Ken Burns, Thompson and Burns, 28 S. Fair St., Guilford, CT 06437; 203/453-8761.

Home Improvement Contest Winners
Pages 61–66: architect—Joe Didonato, 134 Guinea Rd., Kennebunkport, ME 04046-5108. **Contractor**—Vaughan Damon, Wolf's Neck Rd., Freeport, ME 04032; 207/865-6917. **Interior designer**—Maclin Design Team, 6 Deering St., Portland, ME 04101; 207/774-9545. **Kitchen designer**—Gilbert Miller, Maine Custom Kitchens, 326 Magrath Rd., Wilton, ME 04294; 207/645-3162.
Pages 68–70: architect—Ken Hertel, Hertel Architects, 857 Birdhaven Ct., Lafayette, CA 94549; 925/283-2405. **Contractor**—Lance Young, General Contractor, 75 Bishop Ln., Walnut Creek, CA 94596; 925/934-9607. **Kitchen designer**—Suzanne Rybacki, Premier Kitchens, Two Theatre Sq., Ste. 140, Orinda, CA 94563; 925/253-9800.
Pages 72–75: architect—Sheldon Hill, Sheldon Hill & Assoc., 7 Market Sq. Ct., Lake Forest, IL 60045; 847/234-0357. **Contractor**—Enqvist Carpentry, Inc., 409 Greenview Dr., Park City, IL 60085; 847/249-4361. **Interior designer**—Glenn Mielke, I.D.S., Master Designer, Ethan Allen, Inc., 10900 N. Port Washington Rd., Mequon, WI 53092; 262/241-8662.

Mad for Mod
Pages 86–94: interior designer—Lori Erenberg; 310/826-5744; fax: 310/826-8144.

Decked-Out Designs
Pages 96–99: builder—Sid Jongsma, 2952 Air Pack Dr., Zeeland, MI 49464; 616/772-6278.
Pages 100–101: designer/builder—Joseph Wood, Wood's Shop, 9209 Harness, Spring Valley, CA 91977; 619/462-9663; www.woodsshop.com.
Page 103: architect—Dennis Giacovelli, The House Works, 945-22nd Ave., No. 7, Oakland, CA 94606; 510/436-0324. **Landsape architect**—Tom Reuter, Reuter Landscaping, P.O. Box 915, Alamo, CA 94507-0915; 925/820-9669.

Workhorse Workbenches
Page 144: potting bench—Gardensheds, 651 Millcross Rd., Lancaster, PA 17601; 717/397-5430; www.gardensheds.com; catalog $5.
Page 146: potting bench—Tom Iversen, Kemper/Iversen Ltd., 761 Bellevue East, Seattle, WA 98102; 206/329-6633.
Page 148: potting bench—John Ringer, General Contractor, St. Georges, DE 19733; 302/834-8413.
Page 150: test garden potting bench—Chaden Halfhill, Silent Rivers, 2340 Des Moines St., Des Moines, IA 50317; 515/266-6702.

Best Foot Forward
Pages 179–184: landscape architect—Brian Kay, 21 N. Sixth St., Geneva, IL 60134; 630/232-6890.

Style in the 'Burbs
Pages 187–194: interior designer—Nan Sloan, Gabberts Design Studio; 952/836-2831.

Confessions of a Hollywood Homebody
Pages 197–206: landscape architect/designer—Jozef Fornal, Rosewood Conservatory, 289 So. Robertson Blvd., No. 430, Beverly Hills, CA 90211-2810; 310/614-6913.

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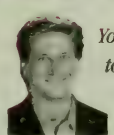
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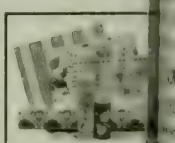
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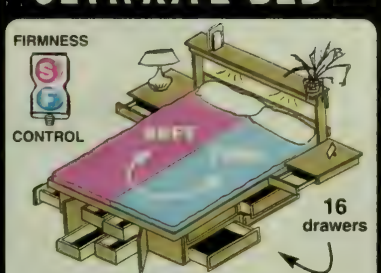
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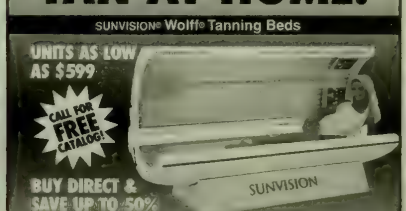
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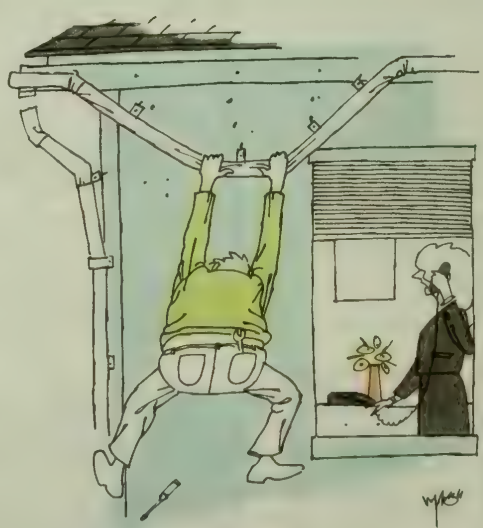
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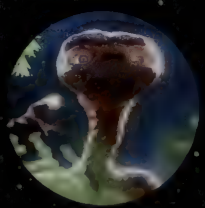
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I'm forever planning parties for family and friends, and most of these events are dancing in my head long before they actually happen. Like the 50th birthday celebration for my husband, Don. It happened just as I had imagined it—with a water-balloon christening for his new boat, as well as a good dousing for the birthday boy. But some of my party schemes may never take place, such as a still-brewing combination of a car rally and scavenger hunt. Whether or not a party ever makes it off my to-do list, I always have fun envisioning the togetherness—and the food and decorations.

When our food and entertaining editor Nancy Hopkins proposed a story about a summer party in the meadow, I wanted to not only help plan it, but also be one of the guests. But Nancy, being the real pro party planner, had everything under control, and our Texas party location kept me from begging an invitation. From the party's jam-jar invitations, to the potluck lineup of tasty summer dishes, to the charming cherries popping out everywhere, this party is a delight from beginning to end. Even when a fluke snowstorm interrupted our photography session for the story, our party-goers didn't lose their enthusiasm—and our Nancy didn't lose her cool. You're invited, too—the story starts on *page 231*.



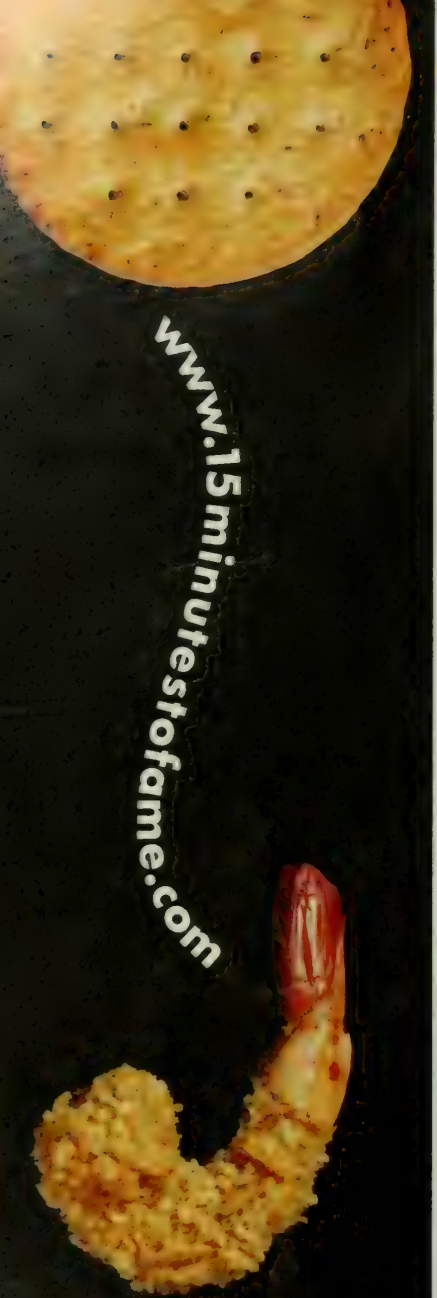
Here's to a season full of good times together. Cherries are optional.

Karol DeWulf Nickell

Karol DeWulf Nickell, Editor in Chief

Don't miss the third, and final, installation of our "American Family" series, beginning on *page 146*. We follow our three modern pioneer families back home to the 21st century.


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3. Bake for 22–25 minutes or until tooth pick inserted in the center comes out clean. Cool completely in pan.
4. With one brownie layer still in pan, spread ice cream over brownie layer. Drizzle ice cream topping over ice cream. Top with second brownie layer; press down lightly. Wrap in plastic wrap and freeze until firm, about 2-3 hours. Remove from freezer 15 minutes before serving. Lift cake from pan using foil. Remove foil and frost the top of the cake; sprinkle with reserved "M&M'S."® Cut into wedges. Makes 12 servings.

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family network

"I Spy" a good idea

Going out to eat with young children was a challenge, especially if we had to wait for the food to arrive. We started playing the "I Spy" game with our oldest child when he was only two. If we said, "I spy something green," he would visually locate the item in the restaurant. As he grew, the game became more advanced, naming colors and shapes. Now all three of our boys enjoy the game, and I constantly receive compliments about their good behavior.

Jillene Palmer
Macedonia, Ohio

Fruitful endeavor

To encourage my non-fruit-loving children to eat more produce, I instituted the "Fruit of the Week" Club. When shopping, each child chooses whatever fruit they find of interest to eat upon arrival home. Sometimes the selection is simple, such as grapes or bananas, but they also get to sample new finds, such as kiwi or star fruit. I no longer have to nag about it.

Cynthia B. Heismeyer
Branchville, N.J.

Sensitive parenting

When my daughter became a preteen, she had many questions and concerns about sensitive subjects. She was not comfortable discussing these matters in front of her siblings, so we started communicating via a "together journal." She writes to me one night, I write back the next. It's a great way for us to "talk" in private.

Leslie Mann
St. Charles, Ill.

Mystery weekends

With a limited budget for vacations, our family decided to create Weekend Mystery Trips. The destinations included such locales as state parks, museums, street fairs, or a motel with an indoor pool. Our girls eagerly anticipated these events and tried to guess our destinations from the maps and clues we gave them. The trips remain treasured memories.

Deborah Mann
Sedalia, Mo.

Beach party toboggan

For families with young children, a trip to the beach can be hard work. To ease the burden of carrying beach toys, bags, and a cooler, put your plastic winter toboggan to use. Load up your supplies, and the sled will slide easily across the sand.

Cindi Galie
Lancaster, Pa.

One-on-one time

Because of our busy schedules, my husband and I felt we were not getting to know our children. We decided to change the situation. One Saturday a month, we alternate taking one or the other child out on a special date where they have time alone with one parent. Mom, Dad, and kids are spending more time together, and we actually like each other.

Sandra Butts
Pottstown, Pa.

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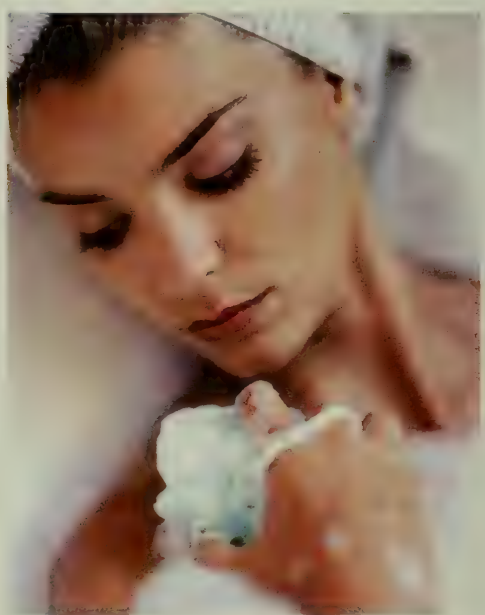




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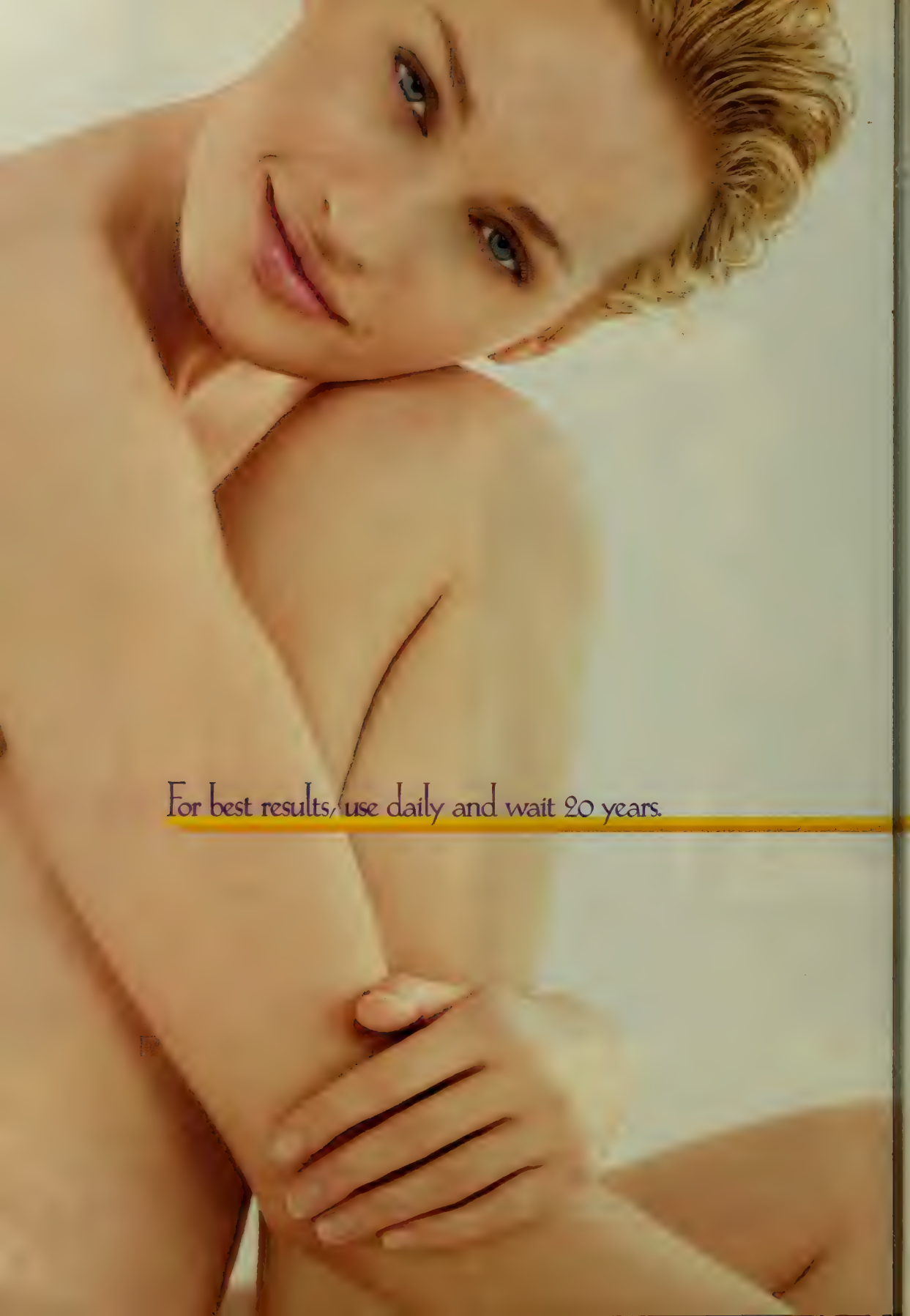
Recipe of salad in the photo (*right*):
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Chill Out



If you're having a heat wave and need a cold-snap solution for chilling your favorite summer beverage, check out the garden shop, produce section, or even the garage for clever containers. You'll find that cold comfort can be a good thing.

Fruit Frost

A hollowed-out watermelon and some ice will chill rosé and white wines to drinking temperature. Use the remaining fruit to top salads and sorbets or to whip up blended ice drinks.

Written by Stephen Exel

Chill Out

continued from page 25

Over a Barrow

Give everyone the complete works. Here, this well-scrubbed wheelbarrow totes frosty beers, lime wedges, and salt shakers all in one load.





continued on page 28

Blooming

Fill a window box with oversize bottles and it's both a cooler and a centerpiece. Matching bottles give unity to the look.

Punch Perch

A new birdbath or one that is clean and lined with plastic is big enough to hold punch bowl, cups, and lots of ice. Scattered blossoms liven up the roost.



All that rebellion makes them thirsty.



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Chill Out

continued from page 26



Straight out of the florist's cooler, these tin buckets come in a variety of sizes and colors. Intermingle with exuberant fresh-cut flowers.



A patio planter does double duty as a receptacle for pitchers of party beverages. It might not be Planter's Punch, but the look will pack a wallop.

Hot tips for cooling down

- Choose an accessible location for your beverage station. Then, make it a focal point with potted flowers, lawn ornaments, or themed decorations.
- Make sure that your chilling receptacle is clean and watertight. Line it with plastic sheeting or aluminum foil, if necessary.
- Whenever possible, purchase a larger-sized bottle of your chosen beverage. It will give you one less thing to do while the party is going on.
- Consider garden urns and terra-cotta pots as alternate ice buckets. Embellish with brightly hued bottles of soda.
- Stock up on plenty of ice!

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*This is Patti's personal experience; not all women have the same experience at menopause.



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PREMPRO and PREMPHASE replace the hormones in your body which naturally decrease at menopause. The hormone combination you will be taking has been shown to provide the benefits of estrogen replacement therapy while lowering the frequency of a possible precancerous condition of the uterine lining. This therapy is not intended for women who have had a hysterectomy (surgical removal of the uterus).

Estrogens have several important uses but also some risks. You must decide, with your doctor, whether the risks of estrogens are acceptable when weighed against their benefits. The length of treatment with estrogens can vary from woman to woman. Check with your doctor to make sure you are using the lowest possible effective dose.

With PREMPRO or PREMPHASE therapy several menstrual-like bleeding patterns may occur. These may range from absence of bleeding to irregular bleeding. If bleeding occurs, it is frequently light spotting or moderate menstrual-like bleeding, but it may be heavy. If you experience vaginal bleeding while taking PREMPRO or PREMPHASE, you should discuss your bleeding pattern with your doctor and set up an appropriate schedule for follow-up care.

USES OF ESTROGEN

To reduce moderate to severe menopausal symptoms. Estrogens are hormones produced by the ovaries of normal women. When a woman is between the ages of 45 and 55, the ovaries normally stop making estrogens. This leads to a drop in body estrogen levels that causes the "change of life" or menopause (the end of monthly menstrual periods). A sudden drop in estrogen levels also occurs if both ovaries are removed during an operation before natural menopause takes place. This is referred to as "surgical menopause."

When the estrogen levels begin dropping, some women develop very uncomfortable symptoms, such as feelings of warmth in the face, neck, and chest, or sudden intense episodes of heat and sweating ("hot flashes" or "hot flushes"). Using estrogen drugs can help the body adjust to lower estrogen levels and reduce these symptoms. In some women the symptoms are mild, in others they can be severe. These symptoms may last only a few months or longer. Taking PREMPRO or PREMPHASE can alleviate these symptoms. If you are not taking hormones for other reasons, such as the prevention of osteoporosis, you should take PREMPRO or PREMPHASE only as long as you need it for relief from your menopausal symptoms.

To prevent thinning of bones. Osteoporosis is a thinning of the bones that makes them weaker and allows them to break more easily. The bones of the spine, wrists, and hips break most often in osteoporosis. Both men and women start to lose bone mass after about age 40, but women lose bone mass faster after the menopause. Using estrogens after the menopause slows down bone thinning and may prevent bones from breaking. Lifelong adequate calcium intake, either from diet (such as dairy products) or from calcium supplements (to reach a total daily intake of 1,000 milligrams per day before menopause or 1,500 milligrams per day after menopause), may help to prevent osteoporosis. Regular weight-bearing exercise (like walking and running for an hour, 2 or 3 times a week) may also help to prevent osteoporosis. Before you change your calcium intake or exercise habits, it is important to discuss these lifestyle changes with your doctor to find out if they are safe for you.

Since estrogen use has some risks, only women who are likely to develop osteoporosis should use estrogens for prevention. Women who are likely to develop osteoporosis often have the following characteristics: White or Asian race, small, slim body frame, cigarette-smoking habit, family history of osteoporosis (in a mother, sister, or aunt), early menopause either natural or because of surgical removal of ovaries ("surgical menopause").

To treat vulvar and vaginal atrophy (itching, burning, dryness in or around the vagina, difficulty or burning on urination) associated with menopause.

WHO SHOULD NOT USE ESTROGENS

During pregnancy. If you think you may be pregnant, do not use any form of estrogen-containing drug. Using estrogens while you are pregnant may cause your unborn child to have birth defects. Estrogens do not prevent miscarriage.

If you have unusual vaginal bleeding which has not been evaluated by your doctor. Unusual vaginal bleeding can be a warning sign of cancer of the uterus, especially if it happens after menopause. Your doctor must find out the cause of the bleeding so that he or she can recommend the proper treatment. Taking estrogens without visiting your doctor can cause you serious harm if your vaginal bleeding is caused by cancer of the uterus.

If you have had cancer. Since estrogens increase the risk of certain types of cancer, you should not use estrogens if you have ever had cancer of the breast or uterus.

If you have any circulation problems. Estrogen drugs should not be used except in unusually special situations in which your doctor decides that you need estrogen therapy so much that the risks are acceptable. Women with abnormal blood clotting conditions should avoid estrogen use (see **RISKS OF ESTROGENS AND/OR PROGESTINS**).

When they do not work. During menopause, some women develop nervous symptoms or depression. Estrogens do not relieve these symptoms. You may have heard that taking estrogens for years after menopause will keep your skin soft and supple and keep you feeling young. There is no evidence for these claims and such long-term estrogen use may have serious risks.

After childbirth or when breastfeeding a baby. Estrogen should not be used to try to stop the breast from filling with milk after a baby is born. Such treatment may increase the risk of developing blood clots (see **RISKS OF ESTROGENS AND/OR PROGESTINS**). If you are breastfeeding, you should avoid using any drugs because many drugs pass through to the baby in the milk. While nursing a baby, you should take drugs only on the advice of your health care provider.

RISKS OF ESTROGENS AND/OR PROGESTINS

Cancer of the uterus. If you use any drug which contains estrogen, it is important to visit your doctor regularly and report any unusual vaginal bleeding right away. Vaginal bleeding after menopause may be a warning sign of uterine cancer. Your doctor should evaluate any unusual vaginal bleeding to find out the cause.

The risk of cancer of the uterus increases when estrogens are used alone, the longer they are used, and when larger doses are taken. There is a higher risk of cancer of the uterus if you are overweight, diabetic, or have high blood pressure. The hormone combination you will be taking contains estrogen and progestin. This combination has been shown to provide the benefits of estrogen replacement therapy for the **USES OF ESTROGEN** listed above, while reducing the risk of a precancerous condition of the uterine lining (see **OTHER INFORMATION,** below).

However, additional risks may be associated with the inclusion of a progestin in estrogen treatment. The possible risks include less favorable effects on blood fats as compared to Premarin® (conjugated estrogens tablets, USP) alone, unfavorable effects on blood sugars, and a possible increase in breast cancer risk (see *Cancer of the breast,* below). Usually, the smaller the dose and the shorter the duration of treatment, the more these effects are minimized. Check with your doctor to make sure you are using the lowest effective dose and only for as long as you need it.

If you have had your uterus removed, there is no risk of developing cancer of the uterus and no benefit to be gained by using a combination estrogen/progestin product.

Cancer of the breast. Most studies have not shown a higher risk of breast cancer in women who have ever used estrogens. However, some studies have reported that breast cancer developed more often (up to twice the usual rate) in women who used estrogens for long periods of time (especially more than 10 years), or who used high doses for shorter time periods. The effects of added progestin on the risk of breast cancer are unknown. Some studies have reported a somewhat increased risk, even higher than the possible risk associated with estrogens alone. Other... not. Regular breast examinations by a health professional and monthly self-examination are recommended ... women. Regular mammograms are recommended for all women over 50 years of age.

Gallbladder disease. Women who use estrogens after menopause are more likely to develop gallbladder ... needing surgery than women who do not use estrogens.

Inflammation of the pancreas. Women with high triglyceride levels may have an increased risk of deve... inflammation of the pancreas.

Abnormal blood clotting. Taking estrogens may cause changes in your blood clotting system. These ch... allow the blood to clot more easily, possibly allowing clots to form in your bloodstream. If blood clots do f... your bloodstream, they can cut off the blood supply to vital organs, causing serious problems. These problem... include a stroke (by cutting off blood to the brain), a heart attack (by cutting off blood to the heart), a pulm... embolus (by cutting off blood to the lungs), retinal thrombosis (by cutting off blood vessels in the eye), o... problems. Any of these conditions may cause death or serious long-term disability.

Heart disease. A recent 4-year study suggests that women with a history of coronary heart disease may h... increased risk of serious cardiac events during the first year of treatment with estrogen/progestin therapy. The... if you have had a heart attack, or you have been told you have blocked coronary arteries (arteries to your he... have any heart problem, you should consult your physician regarding the potential benefits and risks of ... gen/progestin therapy.

Excess calcium in the blood. Taking estrogens may lead to severe hypercalcemia in women with breast ... bone cancer.

During pregnancy. There is an increased risk of birth defects in children whose mothers take this drug dur... first four months of pregnancy. Several reports suggest an association between mothers who take these drugs ... first trimester of pregnancy and genital abnormalities in male and female babies. The risk to the male baby ... possibility of being born with a condition in which the opening of the penis is on the underside rather than ... of the penis (hypospadias). Hypospadias occurs in about 5 to 8 per 1,000 male births and is about double ... exposure to these drugs. There is not enough information to quantify the risk to exposed female fetuses. Ho... enlargement of the clitoris and fusion of the labia may occur, although rarely.

Therefore, since drugs of this type may induce mild masculinization of the external genitalia of the female ... as well as hypospadias in the male fetus, it is wise to avoid using the drug during the first trimester of preg... These drugs have been used as a test for pregnancy, but such use is no longer considered safe because of po... damage to a developing baby. Also, more rapid methods for testing for pregnancy are now available. If yo... PREMPRO or PREMPHASE and later find you were pregnant when you took it, be sure to discuss this with you... tor as soon as possible.

SIDE EFFECTS WITH ESTROGENS AND/OR PROGESTINS

In addition to the risks listed above, the following side effects have been reported with estrogen and/or pro... use: Nausea, vomiting, pain, cramps, swelling, or tenderness in the abdomen. Yellowing of the skin and/or ... of the eyes. Breast tenderness or enlargement. Enlargement of benign tumors ("fibroids") of the uterus. Ir... bleeding or spotting. Change in amount of cervical secretion. Vaginal yeast infections. Retention of exces... (this may make some conditions worsen, such as asthma, epilepsy, migraine, heart disease, or kidney diseas... spotty darkening of the skin, particularly on the face; reddening of the skin; skin rashes. Worsening of por... Headache, migraines, dizziness, faintness, or changes in vision (including intolerance to contact lenses). ... depression. Involuntary muscle spasms. Hair loss or abnormal hairiness. Increase or decrease in weight. Ch... in sex drive. Possible changes in blood sugar.

REDUCING THE RISKS OF ESTROGEN/PROGESTIN

If you decide to take an estrogen/progestin combination, you can reduce your risks by carefully mon... your treatment.

See your doctor regularly. While you are taking PREMPRO or PREMPHASE, it is important to visit your d... least once a year for a checkup. If you develop vaginal bleeding while taking estrogens, you may need furthe... uation. If members of your family have had breast cancer or if you have ever had breast lumps or an abnorma... mogram (breast X-ray), you may need to have more frequent breast examinations.

Reassess your need for treatment. You and your doctor should reevaluate whether or not you still need est... at least every 6 months.

Be alert for signs of trouble. If any of these warning signals (or any other unusual symptoms) happen wh... are using estrogen/progestin, call your doctor immediately:

- Abnormal bleeding from the vagina (possible uterine abnormality).
- Pains in the calves or chest, a sudden shortness of breath or coughing blood (indicating possible clots in th... heart, or lungs).
- Severe headache or vomiting, dizziness, faintness, or changes in vision or speech, weakness or numbnes... arm or leg (indicating possible clots in the brain or eye).
- Breast lumps (possible breast cancer; ask your doctor or health professional to show you how to examin... breasts monthly).
- Yellowing of the skin and/or whites of the eyes (possible liver problems).
- Pain, swelling, or tenderness in the abdomen (possible gallbladder problem).

OTHER INFORMATION

1. Estrogens increase the risk of developing a condition (endometrial hyperplasia) that may lead to cancer ... lining of the uterus. Taking progestins, another hormonal drug, with estrogens lowers the risk of developi... condition. Therefore, since your uterus has not been removed, your doctor has prescribed PREMP... PREMPHASE, which includes both a progestin and estrogens.

You should know, however, that taking estrogens *with* progestins may have unhealthy effects on blood ... which might make a diabetic condition worse. Additional risks include a possible further increase in breast ... risk which may be associated with long-term estrogen use.

Some research has shown that estrogens taken *without* progestins may protect women against developin... disease. However, this is not certain. The protection shown may have been caused by the characteristics ... estrogen-treated women and not by the estrogen treatment itself. In general, treated women were slimmer ... physically active, and were less likely to have diabetes than the untreated women. These characteristics are ... to protect against heart disease.

You are cautioned to discuss very carefully with your doctor or health care provider all the ... ble risks and benefits of long-term estrogen and progestin treatment as they affect you perso...

2. Your doctor has prescribed this drug for you and you alone. Do not give the drug to anyone else.

3. If you will be taking calcium supplements as part of the treatment to help prevent osteoporosis, check wit... doctor about the amounts recommended.

4. Keep this and all drugs out of the reach of children. In case of overdose, call your doctor, hospital, or ... control center immediately.

5. This summary provides the most important information about PREMPRO and PREMPHASE. If you want ... more, ask your doctor or pharmacist to let you read the professional labeling. The professional labeling is als... lished in a book called the *Physicians' Desk Reference®*, which is available in bookstores and public librarie...

Keep out of reach of children.

PI 5058-3 Revised January 23...

WAPR-0806

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BH&G-6/02



Puttering

Sheds

It's green thumbs up for families who help their gardens grow with multifunctional structures that are anything but mainstream.

To order shed plans, see page 41

continued on page 34



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Puttering Sheds

continued from page 32

Carol and Gene Zinda decided to model their puttering shed after an old English gatehouse because it would sit near the entrance to their property. The project began with a set of windows salvaged from a local hardware store. "After seeing a gatehouse at a castle in England," Gene recalls, "I knew just what to do with those old windows."

Gene framed the shed with 2×6s, then sided it with scraps of lumber left over from other projects. "I like the challenge of making things look old, like they've been here a long time," Gene says. The gatehouse—painted green to blend with nearby Douglas firs—has become a neighborhood landmark, as well as a useful storage and potting shed.



Stairstep shelves at the side of the shed (*above*) hold newly potted plants before Carol Zinda moves them into the garden. More shelves inside (*left*) provide a place to overwinter plants and start new ones from old

continued on page 3

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Puttering Sheds

continued from page 34

The Calderwoods found the cupola that tops the shed (*above*) on a trip to Portugal. Their son, a metal sculptor, made the door art. Old bricks set in a basket-weave pattern (*right*) frame a terra-cotta inset found at a salvage yard.



To create their fairy-tale shed, Connie and Owen Calderwood looked to European design for this exotic six-sided structure. Located at a corner of the couple's garden, it shelters a lawn mower and rototiller, and stores furniture during the winter.

Owen loves to scavenge for odds and ends at auctions and demolition sites. He found the bricks in Lawrence, Massachusetts, where an old church was dismantled. Chestnut posts came from an old barn. A boatyard supplied lattice for windows on either side of the pine plank door; the lattice had been used as boat flooring. "It takes a lot of imagination to see these things and figure out how to use them," Owen says.

continued on page 38

EBBLES® Ice Cream Blocks

ep: 15 minutes plus freezing

4 cup (1/2 stick) butter or margarine

5kg. (10-1/2 oz.) JET-PUFFED
iniature Marshmallows (6 cups)

5kg. (13 oz.) POST Cocoa or
ity PEBBLES Cereal (about 8-1/2 cups)

o 3 pints ice cream,
y flavor, slightly softened



Be the coolest Mom on the block!



NE 2 (13x9-inch) pans with foil; lightly
ay foil with no-stick cooking spray.

ICROWAVE butter in 4-quart microwavable
wl on HIGH 45 seconds or until melted.
d marshmallows; mix to coat. Microwave
/2 minutes or until marshmallows are melted
d smooth, stirring after 45 seconds. Add cereal;
r to coat well. Press 1/2 of the cereal mixture
nly and evenly into each prepared pan.
ol 15 minutes. Cut into 2-inch squares.

READ 1 square with scoop of ice cream;
with second square to make sandwich.
corate as desired. Repeat. Store squares
ividually wrapped in freezer. Let squares
nd at room temperature to soften slightly
ore eating. Makes 2 dozen.

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ase visit www.postcereals.com.





recipe is intended for use with adult supervision.

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"I CAN'T LET A MIGRAINE CALL THE SHOTS"

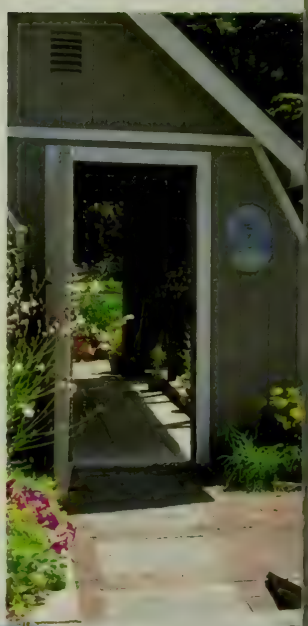
Puttering Sheds

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Sheds can do lots more than just store tools, fertilizers, and other garden supplies. Connie and Dick LeClair's structure also serves as an entry to their garden and as a cold frame—with south-facing glass panels that bring sunlight to a soil bed inside. Connie and Dick harden off seedlings here in the spring, and overwinter tender plants as well.

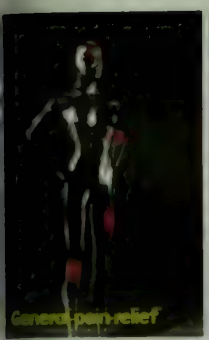
Connie, a retired landscape designer, drew plans for the shed and then had Dick build it to her specifications. The greenhouse bay—glazed with glass from discarded storm doors—brings design interest to the classic shed proportions. Dick constructed a trellis at the front of the shed from left-over trim lumber, and he topped off the roof with a cupola they found in an unfinished-furniture store.





As a finishing touch, the LeClairs' daughter presented them with a weather vane (*left*) that incorporates a shovel. Entering the garden through the shed (*above*) facilitates tool pick up on the way to the beds.

continued on page 4



General pain relief



Targeted migraine relief

Nurse portrayal

"SO I TARGET MY TOTAL MIGRAINE WITH IMITREX"

DISCOVER THE DIFFERENCE OF RESCRIPTION IMITREX

eral pain relievers are made for general
ls of pain–like backaches or sore muscles.
scription IMITREX is different. Made specif-
y for migraines, it was the first medicine of
kind believed to target the nerves and
d vessels that can trigger your total
raine–the throbbing pain, nausea, sensi-
/ to light and sound–without drowsiness.
igraines are disrupting your life, tell your
or. And target your total migraine with
REX Tablets.

u are nursing, talk to your doctor.
REX is for the acute treatment of migraine
cks in adults. You should not take IMITREX
u have certain types of heart disease, a
ory of stroke or TIAs, peripheral vascular
ase, Raynaud syndrome, or blood pressure
is uncontrolled. If you have risk factors for
t disease, such as high blood pressure,
cholesterol, diabetes, or are a smoker, you
d to be evaluated by your doctor before
g IMITREX. Very rarely, certain people, even
e without heart disease, have had serious
t-related problems. If you are pregnant, nurs-
or taking medications, talk to your doctor.

IMITREX is recognized as an effective treatment for migraine by the National Headache Foundation

National Headache Foundation

Educational funding was provided in exchange for recognition by the NHF

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the important information on the adjacent page.

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IMITREX® (sumatriptan succinate) Tablets
Patient Information about IMITREX Tablets for migraine headaches
Generic name: sumatriptan succinate
Please read this summary of information about IMITREX before you talk to your doctor or start using IMITREX. No summary can take the place of a careful discussion between you and your doctor. Only your doctor has the medical training and the complete prescribing information necessary to determine if this medicine is right for you. Once you read this summary, you should discuss with your doctor whether IMITREX is appropriate treatment for you and ask any questions you may have.
WHAT IS IMITREX?
IMITREX is the brand name of sumatriptan, a drug intended to relieve your migraine headaches but not to prevent or reduce the number of migraine headaches you experience. IMITREX should be used only to treat an actual migraine attack. IMITREX can be obtained only with a doctor's prescription and should be used by adults only after discussing the choice with your doctor, taking into account your individual preferences and medical circumstances.
HOW DOES IMITREX WORK?
How IMITREX works is not completely understood. IMITREX is a 5-HT_1 agonist that seems to relieve migraine headaches by acting like a brain chemical called 5-hydroxytryptamine, causing some blood vessels in the head that are swollen during a migraine to constrict (that is, to become smaller), which helps relieve migraine headache.
IMPORTANT SAFETY CONSIDERATIONS
Although the vast majority of patients who have taken IMITREX have not experienced any significant side effects, some patients have experienced serious heart problems and, rarely, considering the extensiveness of IMITREX use worldwide, deaths have been reported. In all but a few instances, however, serious problems occurred in patients with known heart disease, and it was not clear whether IMITREX was a contributing factor in these deaths.
Serious events relating to the blood vessels in the head (e.g. brain hemorrhage, stroke) have been reported in patients who were taking IMITREX. Some of these have resulted in death; however, the relationship of IMITREX to these events is uncertain. In a number of these cases it appears possible that patients were not experiencing a migraine but rather an event due to blood vessel disease in the head. IMITREX was given in the incorrect belief that the person may have been suffering a migraine. Therefore, you should not take IMITREX if the headache you are experiencing is different from your usual migraine attacks. People who suffer from migraines may be at increased risk of certain blood vessel events in the brain (e.g., hemorrhage, stroke, or transient ischemic attack).
Ask your doctor about these and additional safety considerations.
WHO SHOULD NOT TAKE IMITREX?
Some types of migraine headaches should not be treated with IMITREX, and some patients should not take IMITREX because of an increased risk of serious side effects.
- If you have had a heart attack, stroke, transient ischemic attacks, peripheral vascular disease (including ischemic bowel disease or Raynaud syndrome), or any sort of heart disease or symptoms that are associated with constriction of blood vessels, such as ischemic heart disease, angina, or coronary artery vasospasm, you should not use IMITREX.
- If you have uncontrolled high blood pressure, you should not use IMITREX.
- If you are taking certain drugs for depression, talk with your doctor. IMITREX should not be used if you take or have taken within the last 2 weeks monoamine oxidase inhibitors (MAOIs).
- Your doctor will discuss with you the type of migraine headaches you have. If you have hemiplegic or basilar migraine, you should not take IMITREX. IMITREX should be used only in patients who have been diagnosed by a physician as having migraine with or without aura.
- Tell your doctor about any other medications you are taking. If you are currently taking any migraine medications that include ergot alkaloids, such as methysergide or dihydroergotamine, or other 5-HT_1 agonists, do not take IMITREX within 24 hours of taking these medications.
- Do not take IMITREX if you are allergic to sumatriptan or any of the ingredients in IMITREX.
- If you have severe liver disease, you should not use IMITREX.

WHAT MEDICAL PROBLEMS OR CONDITIONS SHOULD I DISCUSS WITH MY DOCTOR?
- If you have risk factors for heart problems, you should tell your doctor. Your doctor should examine you for heart disease to see whether IMITREX is appropriate for you. Risk factors include high blood pressure, high cholesterol, obesity, diabetes, and smoking. Other patients with risk factors for heart disease are women who are past menopause (whether natural menopause or menopause resulting from surgery), men over 40 years old, or patients with a family history of heart disease. If you have risk factors and your evaluation for heart disease is satisfactory, your doctor may ask you to take the first dose of IMITREX in the doctor's office.
- Tell your doctor if you have chest pains, shortness of breath, or irregular heart beats.
- Tell your doctor if you are taking selective serotonin reuptake inhibitors (SSRIs).
- Tell your doctor if you have a history of epilepsy or seizures.
- Tell your doctor if you have liver or kidney problems.
- Tell your doctor if you have ever had to stop taking any medication because of an allergy or other problems.

USE OF IMITREX DURING PREGNANCY AND BREAST-FEEDING
Do not take IMITREX if you are pregnant, think you may be pregnant, are trying to become pregnant, are not using adequate birth control methods, or are breast-feeding, unless you have discussed this with your doctor.
HOW TO USE IMITREX TABLETS
For adults, the usual dose is a single tablet taken whole with fluids. A second tablet may be taken if your symptoms of migraine come back or if you have partial response to the first dose, *but no sooner than 2 hours after taking the first tablet.* For a given attack, if you have no response to the first tablet, do not take a second tablet without first consulting with your doctor. Do not take more than a total of 200 mg of IMITREX Tablets in any 24-hour period.
The safety of treating an average of more than four headaches in a 30-day period has not been established.
WHAT ARE THE POSSIBLE SIDE EFFECTS OF USING IMITREX?
Do not rely on this summary alone for information about side effects. Your doctor can discuss with you a more complete list of side effects that may be relevant to you. The most frequently seen side effects are tingling and warm/cold sensations with IMITREX Tablets.
- Some patients feel pain or tightness in the chest or throat when using IMITREX. If this happens to you, discuss it with your doctor before using any more IMITREX. If the pain is severe or does not go away, call your doctor immediately.
- If you have sudden or severe abdominal pain after taking IMITREX, call your doctor immediately.
- Shortness of breath; wheeziness; heart throbbing; swelling of the eyelids, face, or lips; or a skin rash, skin lumps, or hives happen rarely, but if they happen to you, tell your doctor immediately. Do not take any more IMITREX unless your doctor tells you to.
- Some patients have feelings of tingling, heat, flushing (redness of the face lasting a short time), heaviness, or a feeling of pressure after taking IMITREX. A few patients may feel drowsy, dizzy, tired, sick. Tell your doctor about these effects at your next visit.
- If you feel unwell in any other way or have any problem that you do not understand after taking IMITREX, tell your doctor immediately.

WHAT SHOULD I DO IF I TAKE AN OVERDOSE?
If you have taken more medication than you have been told, contact either your doctor, a hospital emergency department, or the nearest poison control center immediately.
HOW SHOULD I STORE IMITREX?
Be sure to keep your medicine in an area that cannot be reached by children. It may be harmful to children.
IMITREX Tablets should be stored at room temperature and do not require refrigeration. Do not store above 86° F (30° C) or below 36° F (2° C). Store away from heat and light. If your medication has expired (the expiration date is printed on the label) throw it away as instructed. If your doctor decides to stop your treatment with IMITREX, do not save any leftover medication unless your doctor tells you to do so. Throw it away as instructed.

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Puttering Sheds

continued from page 38



Believe it or not, this puttering "barn" went together in a single day, and in the dead of winter to boot. That's because it's a modular prefab from Better Barns, a company in northwestern Connecticut that replicates traditional buildings. This Colonial model was inspired by a country blacksmith shop that had barn-style swing-out sash windows; a steep pitched roof (which accommodates additional storage in a loft); and simple, uncluttered lines. "To avoid a completely utilitarian look, we added extra trim and the keystone detailing around the windows and on the gable ends," says designer/builder Peter Charest. ⌂





The interior (*above*) features a full-width work counter, garden views, and abundant storage. An overhang at the rear (*left*) shelters a winter's supply of firewood.

Buying information, page 281

Plans for Puttering Sheds

You can duplicate the four stylish and functional puttering sheds shown in this feature with our Project Plans. These professionally drawn blueprints are available *exclusively* from the magazine and are not sold in retail stores. Each plan contains a photo of the project; a complete list of materials needed; detailed construction drawings; full-size patterns, if appropriate; and clearly written instructions to take you step-by-step through the project. Prices shown below include shipping, handling, and applicable sales tax. Plans with the same price maybe combined for quantity price advantage.

A. Garden Gatehouse (*pages 32 and 34*)
Measuring about 6×9×11 feet tall, the cupola adds approximately 30 inches to the overall height of the building. One plan costs $19.95; additional plans are $17 each.

B. Old English Garden Shed (*page 36*)
This hexagon-shaped shed measures about 9½×9½×14½ feet tall. One plan is $19.95; additional plans are $17 each.

C. Greenhouse-Style Shed (*page 38*)
Measuring about 12×14×11 feet tall, the cupola adds approximately 36 inches to the overall height of this shed. One plan costs $19.95; additionals are $17 each.

D. Colonial Garden Shed (*page 40*)
Better Barns, Inc., designed this plan for *Better Homes and Gardens* magazine. It measures 10×12×12 feet tall. One plan costs $34.95; additional plans cost $30 each.

TO ORDER with your MasterCard, Visa, Discover, or American Express card, call 800/881-4066. To order by mail, specify plans desired, calculate the total due, and send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 0206, Box 9128, Des Moines, IA 50306-9128. Or, visit our site on the Web at www.bhgcatalog.com.

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An At-Home

Getaway

When Patti and Doug Barber step into their sunroom, they feel like they're slipping away to a cabin on the lake. continued on page 46





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An At-Home Getaway

continued from page 44

To Patti, the back of an old porch swing makes a rustic sculpture for the long wall. She twisted hooks into the piece to hang heirloom plates and vintage lace tablecloths. Patti pulled the electrical fittings from the chandelier, opting for softer candlelight. "The brown-colored candles cut the sweetness of the fixture's look," she says.



"With a breeze floating through the windows, and the sounds of birds and rustling trees all around, this *is* our cabin at the lake," says Patti Barber (*right*) of the 14×15-foot sunroom that adjoins the dining area of her Edina, Minnesota, home. Used daily for relaxation, the Barbers' four-season "cabin" porch spent years dressed in navy, pink, and light blue before Patti hit on the dewy green-and-white scheme that creates a summery, outdoors feel year-round. "Our friends and family love it here too," she says. "It always feels sunny, even if it's rainy and gray outside."

continued on page 48



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An At-Home Getaway

continued from page 46



Modest draping softens the lines and colors of some mismatched pieces, including an "early marriage" armchair that Patti disguises with a white matelasse bedspread. The fuzzball in the foreground? That's Chamois, one of the Barbers' two bichons frises.

To transform the space, Patti started with a roundup of brown wicker furniture that she bought inexpensively and refreshed with coats of white or green paint. Most of the porch furnishings are flea market and tag sale finds, which Patti supplements with a few irresistible antiques-store investments, including the wallpaper box by the chaise. Gently faded vintage fabrics cover pillows and the chaise cushions. "This 'shabby' style is very comfortable and relaxing for everyone," she says. With floorboards painted pristine white, the overall effect is as graceful and light as a sandy beach.

continued on page 50

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An At-Home Getaway

continued from page 48

Patti found the white desk as is: a table fitted with an old window topped with a shelf. Its function is both pretty and practical, providing a place to display McCoy pottery, photos, and oil paintings. On days when Doug works at home, he sets up his laptop in this quiet corner.

Achieving a timeworn look in the sunroom is natura for Patti, who has always cherished the past. "I love t know where things came from, who used them, and why. Hand-me-downs, such as her grandmother's plates an family silver, have a place of honor in her home. But he affection for old things hardly makes her stodgy. Piece needn't be perfect (witness the porch swing used as wall hanging), and even fine heirlooms might find ne uses. While some people might not be comfortable wirin an antique silver teapot as a lamp, to Patti it's simply a wa to make the most out of something she loves. "I wish I' done it sooner!" she insists.

continued on page 5



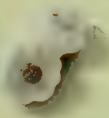
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An At-Home Getaway

continued from page 50



Light bounces off the oval mirror that hangs on the garden room's [illegible] Patti found [illegible] shade of [illegible] a gentle [illegible] fabric's [illegible] ues.

Silver baby cups and utensils add sparkle and sentiment to the desktop display. [illegible] Patti's aunt's silver baby cup on the bottom; Doug's is nestled inside. Patti's silver baby spoon rests nearby.



Patti and Doug use their garden escape every day—for a glass of wine after work, or for naps and reading on the weekends. "This room faces east, so the morning sun is glorious," says Patti, who often gathers friends here for coffee. The couple also uses the porch for evening entertaining. "We'll light candles out here and have dessert." French doors open from the dining room, which is convenient for handling the spillover from holiday gatherings. "We pull the drop-leaf table from the porch right up to the entry and set it for the grandchildren," explains Patti. "But sometimes the adults get jealous and we have to rotate seating for dessert!"

Patti comments that she and Doug have often talked about buying a cabin on a lake; many friends have. "But we never did. We added a pool outside and we planted the yard with birch trees and we don't seem to need a lake cabin. Friends will say, 'It's Friday. I'll be at the lake in a couple of hours,' and Doug will say, 'Well, I'll drive the five minutes home and I'll be at my getaway.' "

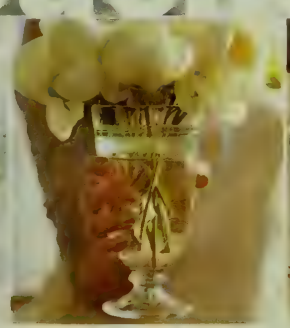
Buying information, page 281

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ng: on the table in front of Martha is an assortment of Candles and Candle Accessories. Color photographs, from left to right: ate; Cherry-Finish Table Lamp; Wooden Frame with Matte, shown in Navy; Balustrade Goblets, Set of 4;

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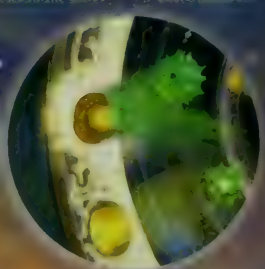
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CLARINEX®
(desloratadine)
TABLETS

Brief Summary (For full Prescribing Information, see package insert.)

INDICATIONS AND USAGE: Allergic Rhinitis: CLARINEX Tablets 5 mg are indicated for the relief of the nasal and non-nasal symptoms of allergic rhinitis (seasonal and perennial) in patients 12 years of age and older.

Chronic Idiopathic Urticaria: CLARINEX Tablets are indicated for the symptomatic relief of pruritus, reduction in the number of hives, and size of hives, in patients with chronic idiopathic urticaria 12 years of age and older.

CONTRAINDICATIONS: CLARINEX Tablets 5 mg are contraindicated in patients who are hypersensitive to this medication or to any of its ingredients, or to loratadine.

PRECAUTIONS: Carcinogenesis, Mutagenesis, Impairment of Fertility: The carcinogenic potential of desloratadine was assessed using loratadine studies. In an 18-month study in mice and a 2-year study in rats, loratadine was administered in the diet at doses up to 40 mg/kg/day in mice (estimated desloratadine and desloratadine metabolite exposures were approximately 3 times the AUC in humans at the recommended daily oral dose) and 25 mg/kg/day in rats (estimated desloratadine and desloratadine metabolite exposures were approximately 30 times the AUC in humans at the recommended daily oral dose). Male mice given 40 mg/kg/day loratadine had a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) than concurrent controls. In rats, a significantly higher incidence of hepatocellular tumors (combined adenomas and carcinomas) was observed in males given 10 mg/kg/day and in males and females given 25 mg/kg/day. The estimated desloratadine and desloratadine metabolite exposures of rats given 10 mg/kg of loratadine were approximately 7 times the AUC in humans at the recommended daily oral dose. The clinical significance of these findings during long-term use of desloratadine is not known.

In genotoxicity studies with desloratadine, there was no evidence of genotoxic potential in a reverse mutation assay (*Salmonella/E. coli* mammalian microsome bacterial mutagenicity assay) or in two assays for chromosomal aberrations (human peripheral blood lymphocyte clastogenicity assay and mouse bone marrow micronucleus assay).

There was no effect on female fertility in rats at desloratadine doses up to 24 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 130 times the AUC in humans at the recommended daily oral dose). A male specific decrease in fertility, demonstrated by reduced female conception rates, decreased sperm numbers and motility, and histopathologic testicular changes, occurred at an oral desloratadine dose of 12 mg/kg in rats (estimated desloratadine exposures were approximately 45 times the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on fertility in rats at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 8 times the AUC in humans at the recommended daily oral dose).

Pregnancy Category C: Desloratadine was not teratogenic in rats at doses up to 48 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 210 times the AUC in humans at the recommended daily oral dose) or in rabbits at doses up to 60 mg/kg/day (estimated desloratadine exposures were approximately 230 times the AUC in humans at the recommended daily oral dose). In a separate study, an increase in preimplantation loss and a decreased number of implantations and fetuses were noted in female rats at 24 mg/kg (estimated desloratadine and desloratadine metabolite exposures were approximately 120 times the AUC in humans at the recommended daily oral dose). Reduced body weight and slow righting reflex were reported in pups at doses of 9 mg/kg/day or greater (estimated desloratadine and desloratadine metabolite exposures were approximately 50 times or greater than the AUC in humans at the recommended daily oral dose). Desloratadine had no effect on pup development at an oral dose of 3 mg/kg/day (estimated desloratadine and desloratadine metabolite exposures were approximately 7 times the AUC in humans at the recommended daily oral dose). There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, desloratadine should be used during pregnancy only if clearly needed.

Nursing Mothers: Desloratadine passes into breast milk, therefore a decision should be made whether to discontinue nursing or to discontinue desloratadine, taking into account the importance of the drug to the mother.

Pediatric Use: The safety and effectiveness of CLARINEX Tablets in pediatric patients under 12 years of age have not been established.

Geriatric Use: Clinical studies of desloratadine did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences between the elderly and younger patients. In general, dose selection for an elderly patient should be cautious, reflecting the greater frequency of decreased hepatic, renal, or cardiac function, and of concomitant disease or other drug therapy. (see **CLINICAL PHARMACOLOGY – Special Populations**).

Information for Patients: Patients should be instructed to use CLARINEX Tablets as directed. As there are no food effects on bioavailability, patients can be instructed that CLARINEX Tablets may be taken without regard to meals. Patients should be advised not to increase the dose or dosing frequency as studies have not demonstrated increased effectiveness at higher doses and somnolence may occur.

ADVERSE REACTIONS: Allergic Rhinitis: In multiple-dose placebo-controlled trials, 2,834 patients received CLARINEX Tablets at doses of 2.5 to 20 mg daily, of whom 1,655 patients received the recommended daily dose of 5 mg. In patients receiving 5 mg daily, the rate of adverse events was similar between CLARINEX and placebo-treated patients. The percent of patients who withdrew prematurely due to adverse events was 2.4% in the CLARINEX group and 2.6% in the placebo group. There were no serious adverse events in these trials in patients receiving desloratadine. All adverse events that were reported by greater than or equal to 2% of patients who received the recommended daily dose of CLARINEX Tablets (5.0 mg once-daily), and that were more common with CLARINEX Tablet than placebo, are listed in Table 5.

Table 5

Incidence of Adverse Events Reported by ≥ 2% of Allergic Rhinitis Patients in Placebo-Controlled, Multiple-Dose Clinical Trials

Adverse Experience	CLARINEX Tablets 5 mg (n=1,655)	Placebo (n=1,65
Pharyngitis	4.1%	2.0%
Dry Mouth	3.0%	1.9%
Myalgia	2.1%	1.8%
Fatigue	2.1%	1.2%
Somnolence	2.1%	1.8%
Dysmenorrhea	2.1%	1.6%

The frequency and magnitude of laboratory and electrocardiographic abnormalities were similar in CLARINEX and placebo-treated patients.

There were no differences in adverse events for subgroups of patients defined by gender, age, or race.

Chronic Idiopathic Urticaria: In multiple-dose, placebo-controlled trials in chronic idiopathic urticaria, 211 patients received CLARINEX Tablets and 69 received placebo. Adverse events that were reported by greater than or equal to 2% of patients who received CLARINEX Tablets and that were more common with CLARINEX than placebo were (rates for CLARINEX and placebo, respectively): headache (14%, 13%), nausea (5%, 2%), fatigue (5%, 3%), dizziness (4%, 3%), pharyngitis (3%, 2%), dyspepsia (3%, 1%), and myalgia (3%, 1%).

The following spontaneous adverse events have been reported during marketing of desloratadine: tachycardia, and rarely hypersensitivity reactions (such as rash, pruritus, urticaria, edema, dyspnea, and anaphylaxis), and elevated liver enzymes including bilirubin.

DRUG ABUSE AND DEPENDENCE: There is no information to indicate that abuse or dependency occurs with CLARINEX Tablets.

OVERDOSAGE: Information regarding acute overdosage is limited to evidence from clinical trials conducted during the development of the CLARINEX product. In a dose ranging trial, at doses of 10 mg and 20 mg somnolence was reported.

Single daily doses of 45 mg were given to normal male and female volunteers for 10 days. All ECGs obtained in this study were manually read in a blinded fashion by a cardiologist. In CLARINEX-treated subjects, there was increase in mean heart rate of 9.2 bpm relative to placebo. The QT interval was corrected for heart rate (QT_c) by both the Bazett and Fridericia methods. Using the QT_c (Bazett) there was a mean increase of 8.1 msec in CLARINEX-treated subjects relative to placebo. Using QT_c (Fridericia) there was a mean increase of 0.4 msec in CLARINEX-treated subjects relative to placebo. No clinically relevant adverse events were reported.

In the event of overdose, consider standard measures to remove any unabsorbed drug. Symptomatic and supportive treatment is recommended. Desloratadine and 3-hydroxydesloratadine are not eliminated by hemodialysis.

Lethality occurred in rats at oral doses of 250 mg/kg or greater (estimated desloratadine and desloratadine metabolite exposures were approximately 120 times the AUC in humans at the recommended daily oral dose). The median lethal dose in mice was 353 mg/kg (estimated desloratadine exposures were approximately 290 times the human daily oral dose on a mg/m² basis). No deaths occurred at oral doses up to 250 mg/kg in monkeys (estimated desloratadine exposures were approximately 810 times the human daily oral dose on a mg/m² basis).

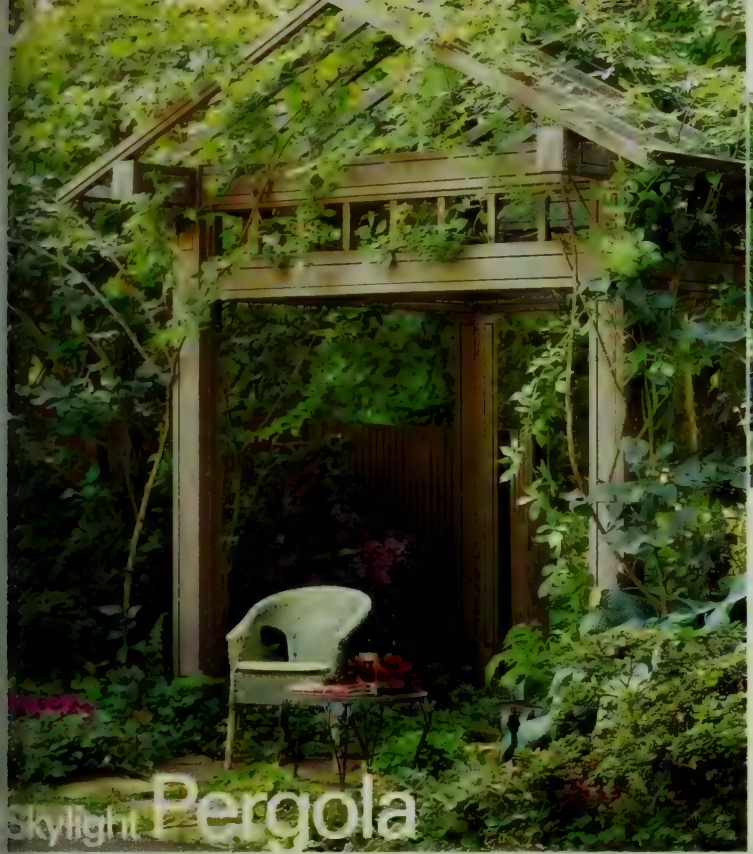
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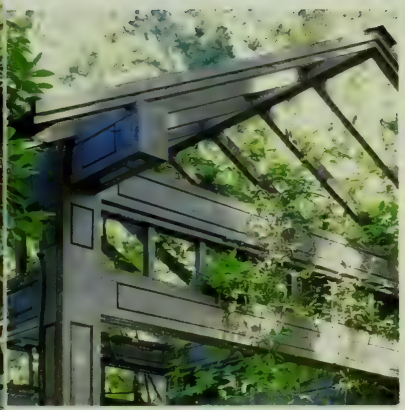
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U.S. Patent Nos. 4,659,716; 4,863,931; 4,804,666; 5,595,997; and 6,100,274.

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A subtle gray stain helps the pergola (*left*) blend in with a nearby cedar fence and the rest of the backyard landscape. Climbing roses tie the structure to the scenery. Widely spaced rafters and a series of square openings (*above*) let flowering vines form a lush roof covering that will eventually provide shelter, yet still allow sunlight to filter inside.

The finest garden structures are often the ones that barely draw a glance, instead directing attention to the plants that surround them. Take the pergola in Glen Youell's Washington backyard. Its design is simple, allowing the azaleas, ferns, and rhododendrons to steal the show.

Architect Carolyn Geise and builder Mark Sullivan collaborated on the pergola's design. Although the structure is neither traditional nor contemporary, it's embellished with a frame-and-panel design on the posts and crossbeams to give it a craftsman-finished look.

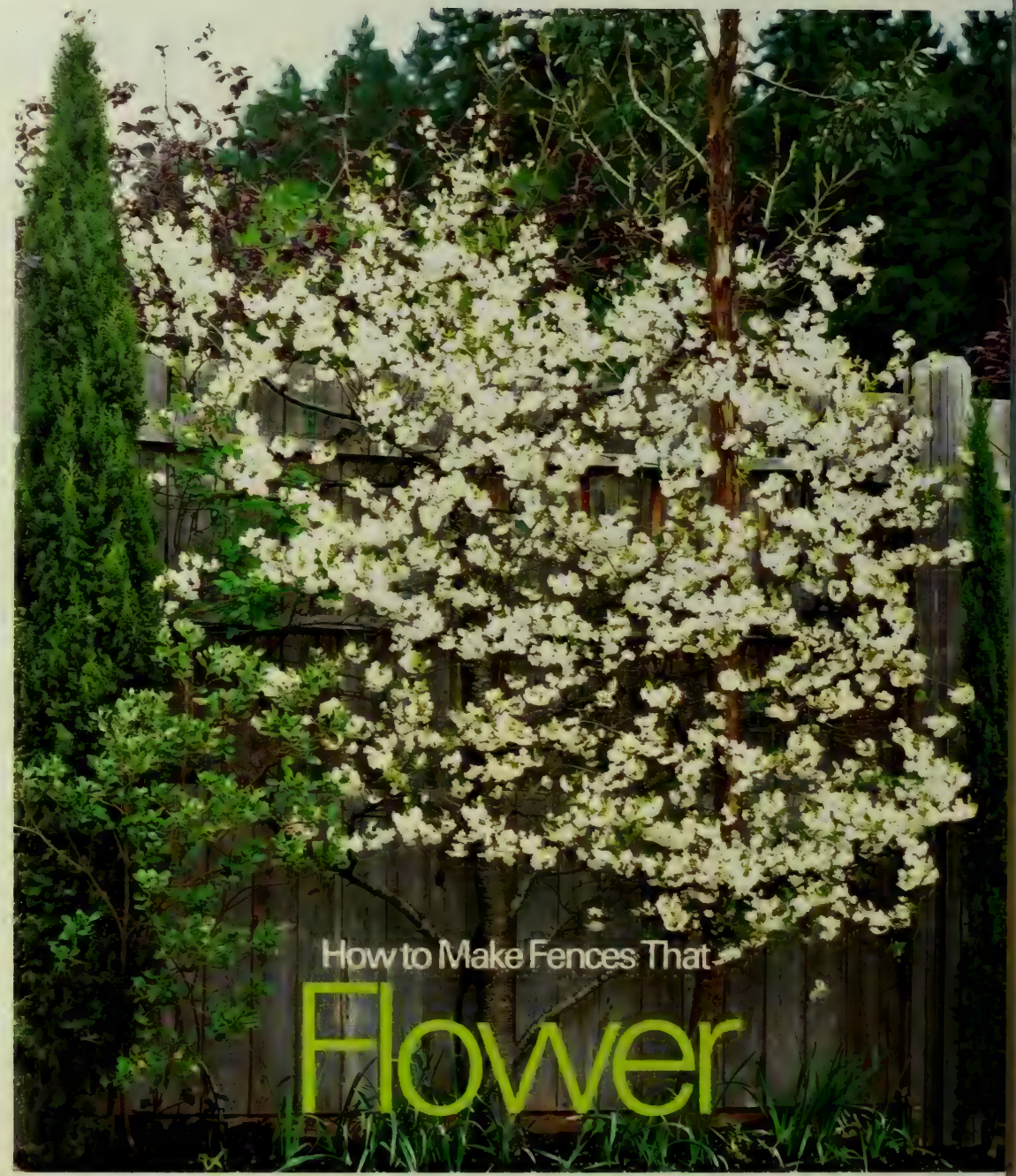
The structure's design may be understated, but it's not diminutive. At 13 feet tall, the pergola complements the scale of the tall pine trees in Glen's yard. The substantial construction will stand up to the passage of time—and storm systems as well—because steel 3×3s make up the posts' internal structure. Wood blocks bolted to the steel were used as nailing surfaces for attachment of an outer layer of cedar.

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How to Make Fences That Flower

by Craig Summers Black

If you think two-dimensionally, you can train a tree to make an ornamental screen produce more fruit, and take up less space. The trick is in the trimming: Just remove branches fore and aft so that the tree grows out only side to side. What you have created then is a flat tree—or more mellifluously, an espalier.

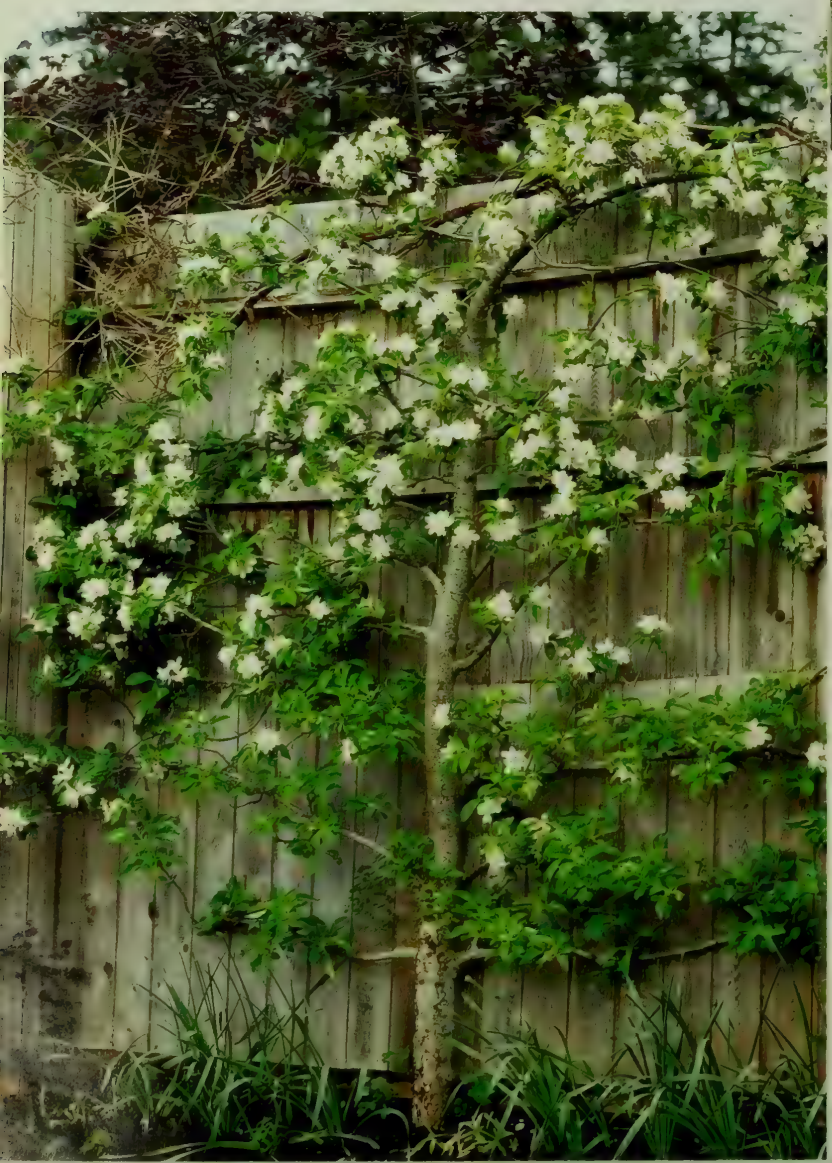
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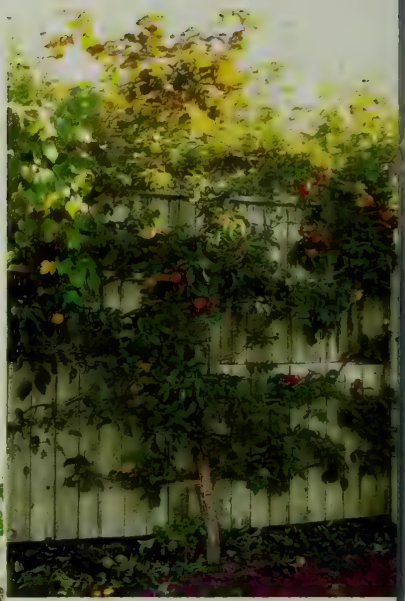

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How to Make Fences That Flower

continued from page 60

There is no great mystery in espalier. If you can wield your snippers boldly, you can create a living lattice. The toughest part of espalier may be in the pronunciation. Say it like the trendy motorbike, the Southern general, and the hearty cheer: Vespa, Lee, Yay!





Accessible apples

Kristan Johnson redesigned his grandfather's garden after it suffered extreme wind damage, taking the opportunity to make the landscaping more accessible to Grandpa Ted's wheelchair. Growing trees flat against fences—in almost two dimensions—left room for wide paths. Added sunlight also ensured that trees would flower and fruit lower to the ground, where they could be more readily appreciated. Other reasons to espalier? "Most people have a flat surface they want to cover in an aesthetically pleasing way," Kristan says. "Or they want to create a visual baffle, but not a barrier. You can see through almost all espaliers. If you can't see through it, it's a hedge."

continued on page 64

Kristan trained this flowering almond tree (*left*) against a boundary fence on his grandfather's property in Poulsbo, Washington. The apple tree (*top*) is a variety Kristan bred himself.


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How to Make Fences That Flower

continued from page 62



Here's the Way to Espalier

Here is how Kristan espaliers, not just for beauty, but to increase fruiting.

Simple espalier trains all branches to grow horizontally. If you are very lucky, you can just top the tree, remove appropriate branches, and then force the branches, or laterals, out horizontally by staking them (*Figure 1*). In the case of the store-bought tree on this page, one of the lowest laterals was much shorter than its partner. To force it to grow faster and catch up, Kristan trained it at a 45-degree angle (*Figure 2*). This branch will be lowered when it grows long enough. Unfortunately, the only good laterals in the middle of this tree were both too low and not quite side-by-side. So Kristan looped the branches back and staked them horizontally at the appropriate height (*Figure 3*).



continued on page 66

A SHORT HISTORY LESSON

- **THE ANCIENT ROMANS** deve oped this technique of pruning.
- **THE FRENCH GAVE** espalier it elegant name after the practic became widespread in the tin courtyard gardens of Europe.
- **THE WORD ALSO** has its roots i the Italian *spalliera,* meaning "t rest the shoulder against," for th way espalier is often trained to lea against a wall.
- **OTHER EVEN MORE** adventurou shapes include fans, pitchfork lyres, and interlocking diamonds.
- **WHILE DWARF** fruit trees are th most popular espalier subject small ornamental trees—such a magnolias, cotoneaster, and cra apples—also work handsomely.
- **SOME SHRUBS** make elegan espaliers as well, such as doublefil viburnums and rock cotoneaster.



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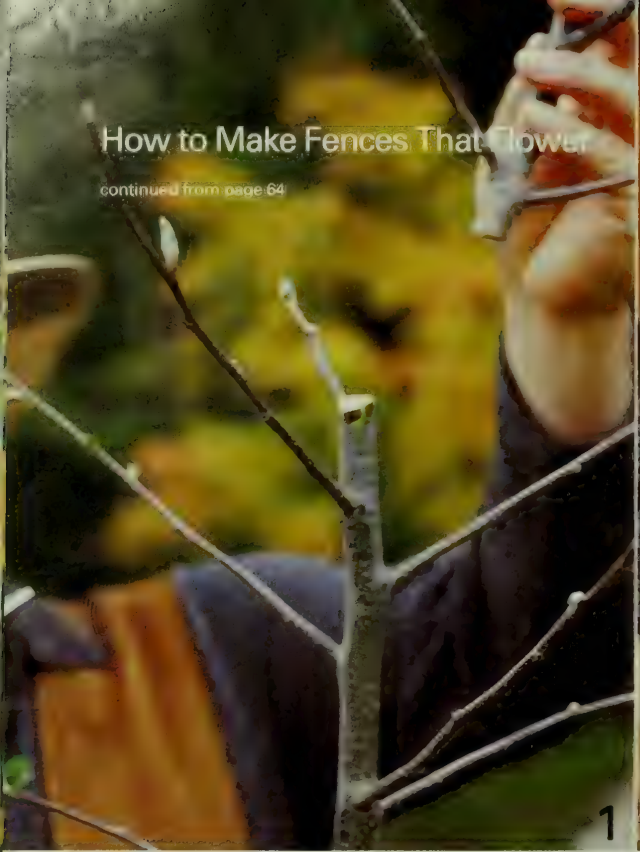
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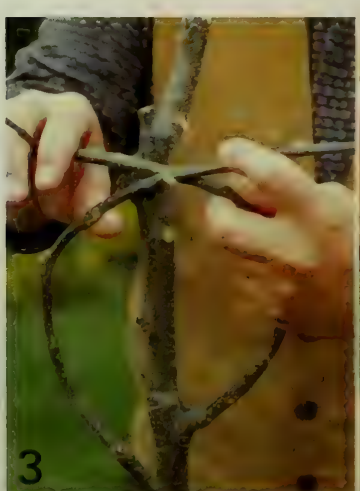
continued from page 64





Kristan suggests that you first top your espalier at the desired height (*Figure 1*), and then begin removing side branches from the bottom up (*Figure 2*). If you run into a problem finding opposing branches at the appropriate height, you might try Kristan's trick of bending branches back on themselves. This not only looks kind of nifty, but also forces fruit production closer to the tree trunk. To make this loop, pull flexible branches up and over, so you create a circle with the branches heading the opposite ways at the height you like (*Figure 3*). Tie the crossover point to a horizontal stake with vinyl tape (*Figure 4*). Then secure the ends of these laterals to the stake as well (*Figure 5*).

continued on page 68







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How to Make Fences That Flower

continued from page 66

Fences of fruit, a wall of green

After visiting Impressionist painter Claude Monet's famed garden in Giverny, France, Joyce Young was inspired to emulate his espaliers in knee-high fashion (*left*). Joyce grows the apples along a walkway in her Seattle garden.

Bill Berleman trains his apples in a 10-foot-tall screen in his garden in Woodinville, Washington (*near right*). "I do wish I could have done what the English do. I'd loved to have had a beautiful brick wall that holds the heat and keeps the plants warm. These plants are flourishing, but a brick wall would make them even better."

Karen and Robert Adams softened the hard surfaces of their courtyard by training a powder-puff tree, calliandra (*far right*), on and around it. Karen chose the tree for its glossy leaves, which close at night, and the spirited red blossoms

that appear in late summer. Because the tree grows rapidly, especially in the mild Coronado, California, climate, it must be trimmed regularly and often dramatically to prevent damage to the stucco or the roof tiles. But it's worth the extra effort, Karen says, "just to see those wonderful red puffballs."



Apple espaliers display fruit and flowers in artistic fashion (*left* and *near right*), and the stress of training can make trees produce fruit at a shorter height than normal. Nails were driven into the stucco face of courtyard walls (*far right*), and green gardening tape was tied to the espaliered tree to anchor it in place.

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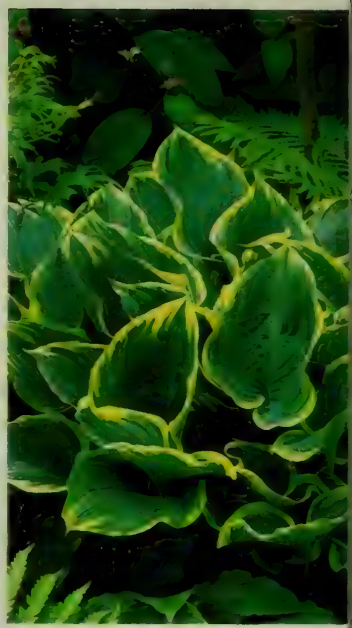


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- June (*page 186*)
- Sum and Substance (*page 188*)
- Halcyon (*page 190*)
- Bressingham Blue (*page 190*)
- Love Pat (*page 190*)
- Krossa Regal (*page 190*)
- Fragrant Bouquet (*page 190*)
- Gold Standard (*page 192*)
- Regal Splendor (*page 194*)
- Sea Dream (*page 194*)
- Snowden (*page 194*)

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Do-It-Yourself Planter

Even outside, a room isn't a room unless it has walls. A Des Moines, Iowa, resident had a building designer create a garden wall to separate her patio from garage traffic. The structure's one-of-a-kind plan marries planters and trellises, a handy combination for supporting climbing blooms. It acts as a screen that adds some privacy without subtracting light or breezes. Do-it-yourself building plans for this vertical gardening wall are available through *Better Homes and Gardens*® magazine.

Each planter/trellis is made of durable, exterior-grade plywood and red cedar stock.

Lanterns holding candles hang on door-hinge pins from the topmost crosspiece. If you prefer electrical lighting instead of candle power, install wiring.

The homeowner used a sage green stain to finish her garden wall. If you choose paint, be certain to first apply a good-quality, exterior-grade primer to ensure adhesion and long life. And be sure to paint the inside of the planter to minimize water absorption into the wood. Lining the boxes with heavy-duty plastic sheeting will also increase durability.



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Perk up the scene—and the grill master—with a sassy apron and mitt. From Tag, 773/697-6300 or www.tagltd.com. Comfy twill sport shorts and matching tee. From Lands' End, 800/734-5437.

One Hot Little Grill

The "Del Mar" grill fits perfectly on balconies, terraces, and small patios. From Magma Products, 800/866-2462.

Outdoor Food

Welcome to summer, where the living is easy, breezy, and chock-full of great gear. From food to water to garden gadgets—take your pick and have some fun.

continued on page

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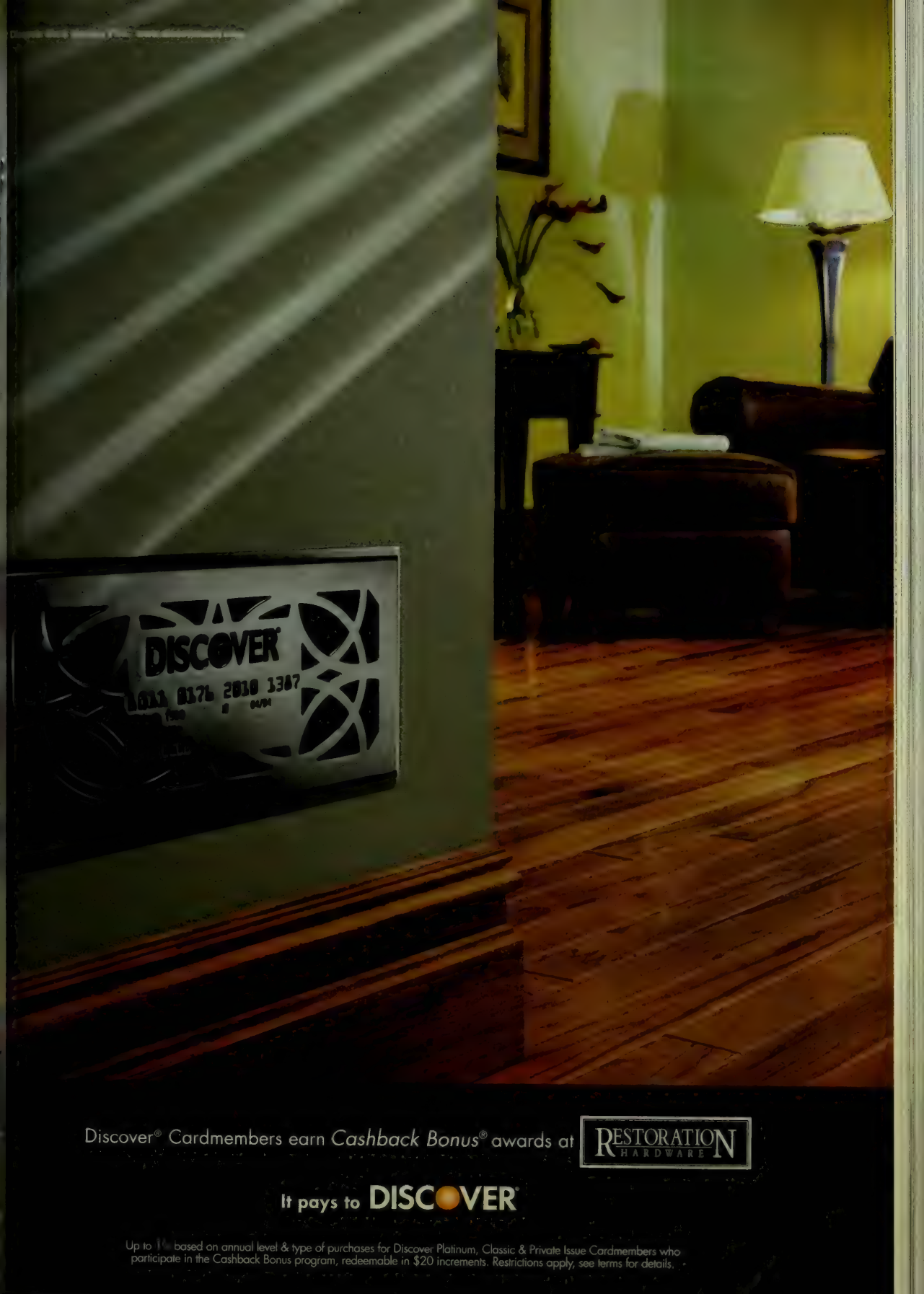
Summer Stuff

continued from page 72

Outdoor Foo

(*Top left* to *bottom right*): **Professional stainless steel barbecue tool set** from All-Clad, 800/255-2523. **Cone cups and caddy** from Prog International Corp., 800/426-7101. **Fresh-squeezed summer dinnerware** from Target, 800/800-8800 for locations nationwide. **Drinking jugs** from Avantro, Inc., 866/282-6876. **"San Remo" folding table and "Cannes" folding chairs** from Eurostyle, 415/435-2 www.eurostyle.org. **Galvanized party tub** from Pier 1 Imports, 800/245-4595 or www.Pier1.com.

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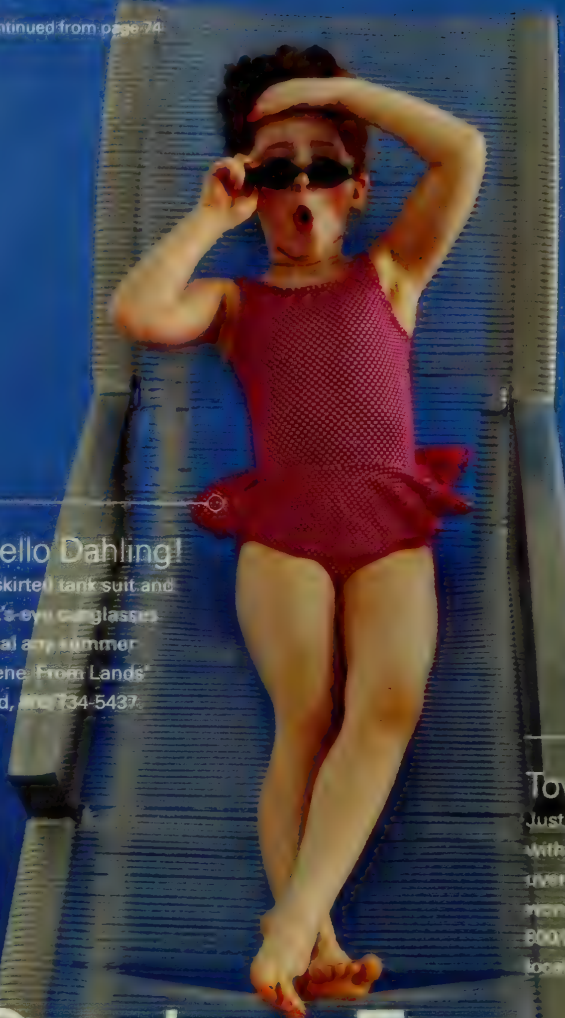
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Summer Stuff

continued from page 74



Outdoor Fun

Hello Dahling!

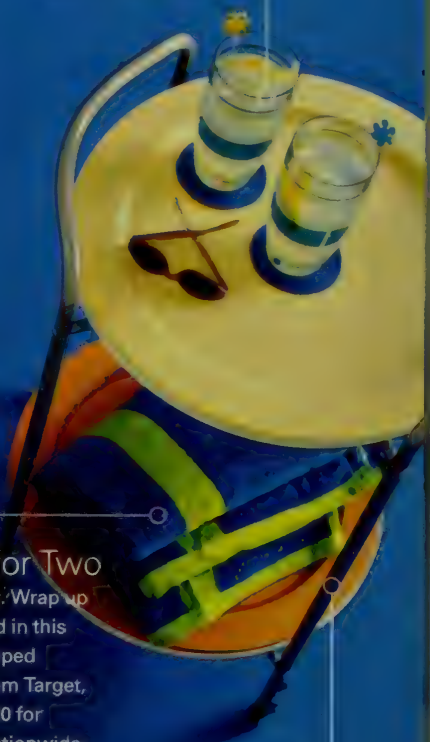
A skirted tank suit and cat's-eye sunglasses steal any summer scene. From Lands' End, 800/734-5437.

Chill-Out Chair

"Streamline" chaise with chroma frame and clear tubing. From Brown Jordan, 800/743-4252 or www.brownjordan.com.

Tea for All

Striped acrylic iced-tea tumblers take the heat out of summer. From Pier 1 Imports, 800/245-4595 or www.Pier1.com.



Towel for Two

Just peachy. Wrap up with a friend in this oversize striped [illegible]er. From Target, 800/800-8800 for locations nationwide.



Table on Wheelies

Who wouldn't enjoy swift service from this dashing tray table? From Eurostyle, 415/435-2550 or www.eurostyle.org.

Water, water everyone. Yippee! We've found games to play, bags to tote, towels to curl up with, even flippers for footsies—everything to make the swimming easy. Note: Sand not included.

continued on page 7

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Summer Stuff

continued from page 76





Outdoor Fun





(*Top left* to *bottom right*): "Paradiso" candles from Design Ideas, www.cocoononline.com. Beach Slides: Sour Apple (top); Citrus (bottom), from Lands' End, 800/734-5437. Inflatable "Neon Frost" swimming pool tubes from Intex Recreation Corp., 888/55 "Speedo" mask, snorkel, and fins from Target, 800/800-8800 for locations nationwide. "Ante" waterproof playing cards from 800/387-5122. "Mendini" beach bags from Majestic, 800/673-2543. Dune Spoons from Emsco Group, 800/458-0839. continued on





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Summer Stuff

continued from page 78

Summer Swing

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These "Fiesta" pillows provide more than comfort; they're vivid spots of color too. From Tag, 773/697-6300 or www.tagltd.com.

Garden Light

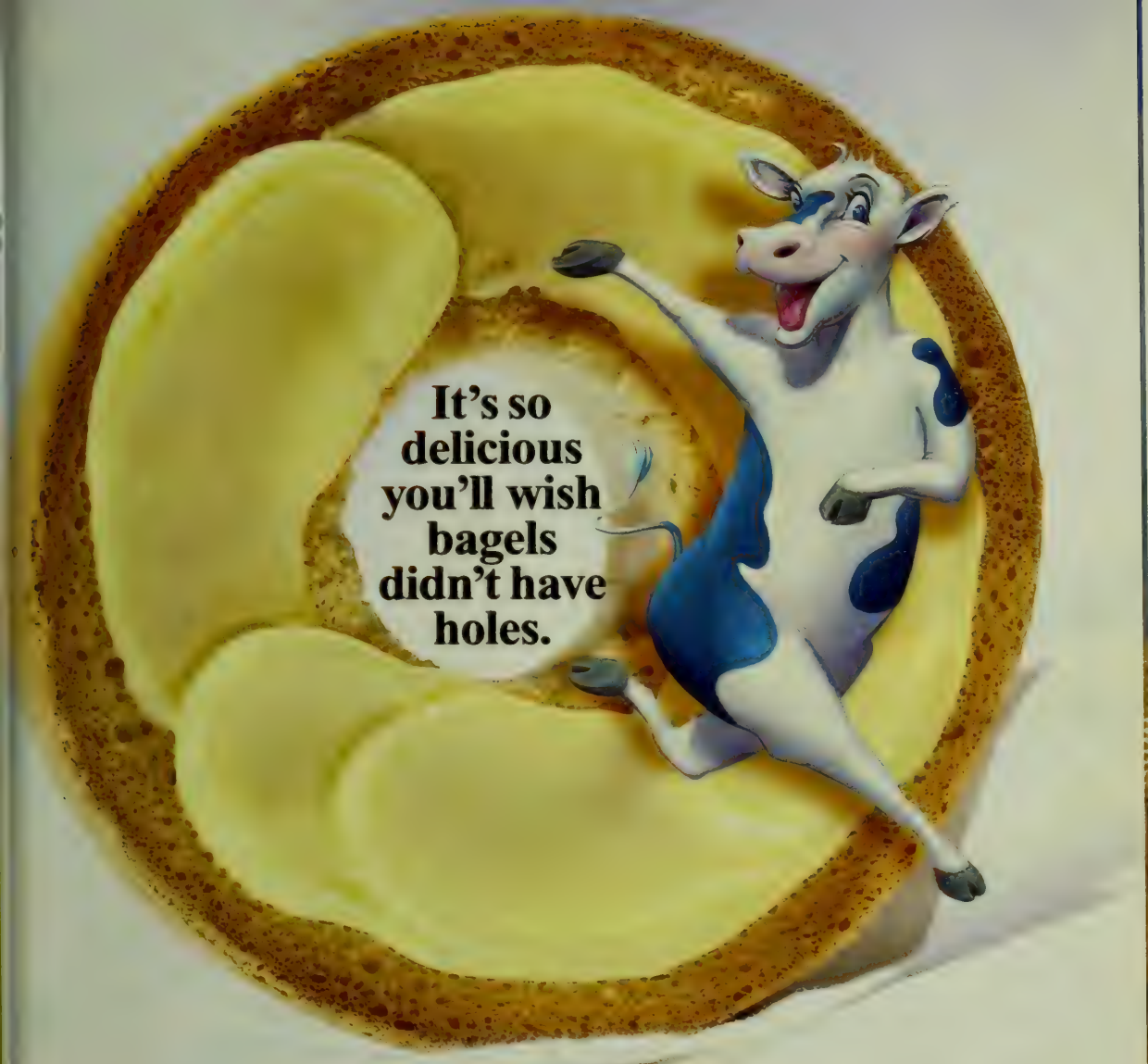
Cast a fresh light with "Metal Tulip Candle Holders." From Majestic, 800/673-2543.

Water, Please

No flower will go thirsty this summer, thanks to the "Elise" watering can. From Majestic, 800/673-2543.

There are cans for watering, lanterns to light the way, and boots for sloshing and digging in the dirt. So, take a seat and let the blooming begin. Or grab a book and let nature take its course.

continued on page



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Summer Stuff

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Outdoor Bloom



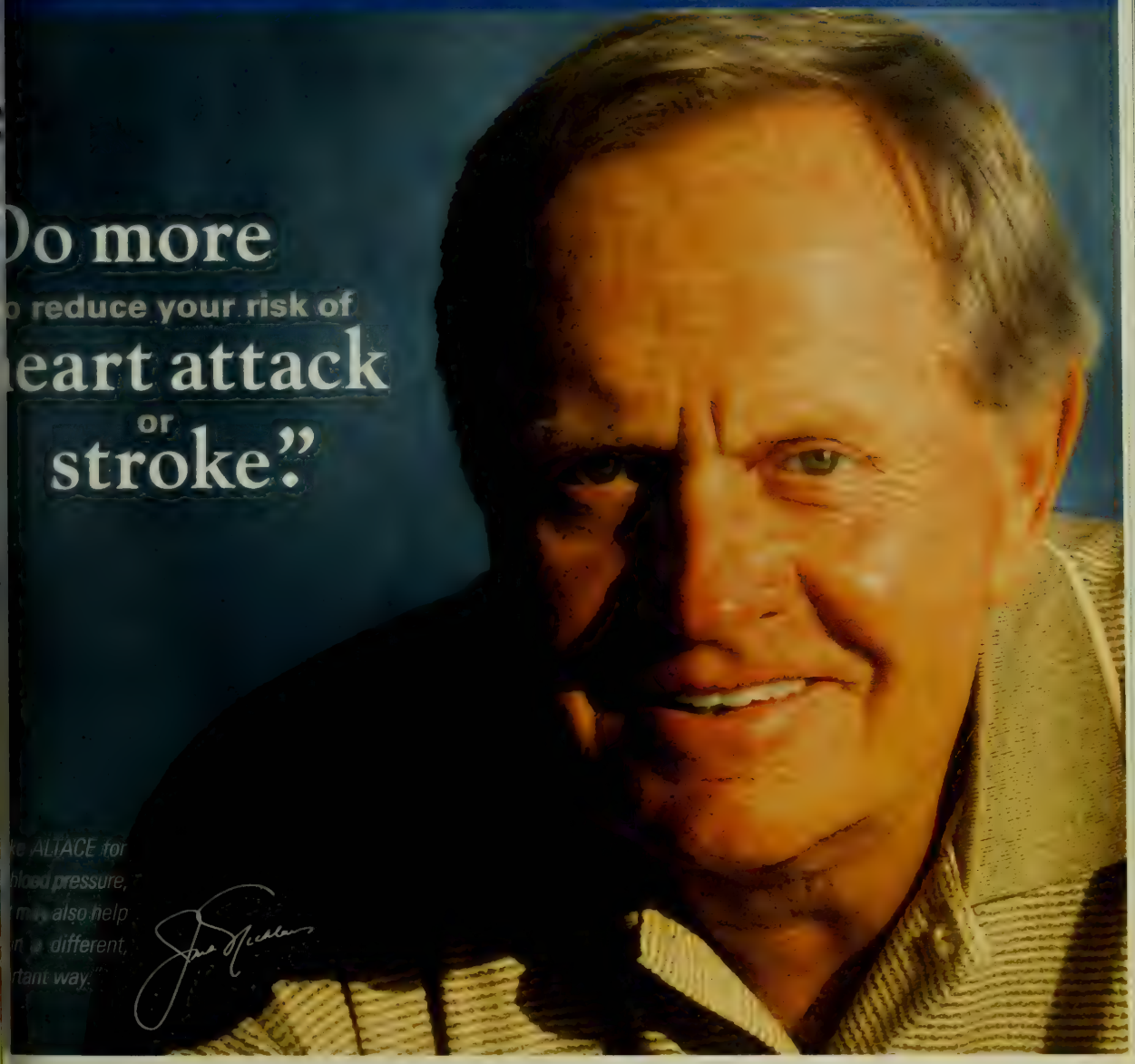


(*Top left* to *bottom right*): "Triangle," "Hexagon," and "Square" [illegible] from The Companion Group, 800/521-0505. "Fin[illegible]ug from Tag, 773/697-6300 or www.tagltd.com. Bright garden hose from Target, 800/800-8800 for locations nationwide. Kids' [illegible] from Target, 800/800-8800 for locations nationwide. "Miramar" [illegible] and "Chaise" [illegible] from Design Ideas, www.cocoononli[illegible] "Bermuda" garden stake[illegible] from Design Ideas, www.cocoononline.com.





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Brief Summary of **Prescribing Information as of October 2001**

ALTACE® Capsules
(ramipril)

USE IN PREGNANCY

When used in pregnancy during the second and third trimesters, ACE inhibitors can cause injury and even death to the developing fetus. When pregnancy is detected, ALTACE should be discontinued as soon as possible. See WARNINGS: Fetal/neonatal morbidity and mortality.

CONTRAINDICATIONS

ALTACE is contraindicated in patients who are hypersensitive to this product or any other angiotensin converting enzyme inhibitor (e.g., a patient who has experienced angioedema during therapy with any other ACE inhibitor).

WARNINGS

Anaphylactoid and Possibly Related Reactions: **Angioedema** Patients with a history of angioedema unrelated to ACE inhibitor therapy may be at increased risk of angioedema while receiving an ACE inhibitor. (See also **CONTRAINDICATIONS**.) Angioedema of the face, extremities, lips, tongue, glottis, and larynx has been reported in patients treated with angiotensin converting enzyme inhibitors. Angioedema associated with laryngeal edema can be fatal. If laryngeal stridor or angioedema of the face, tongue, or glottis occurs, treatment with ALTACE should be discontinued and appropriate therapy instituted immediately. **Where there is involvement of the tongue, glottis, or larynx, likely to cause airway obstruction, appropriate therapy, e.g., subcutaneous epinephrine solution 1:1,000 (0.3 ml to 0.5 ml) should be promptly administered. (See ADVERSE REACTIONS.)**

Anaphylactoid reactions during desensitization: Two patients undergoing desensitizing treatment with hymenoptera venom while receiving ACE inhibitors sustained life-threatening anaphylactoid reactions. In the same patients, these reactions were avoided when ACE inhibitors were temporarily withheld, but they reappeared upon inadvertent rechallenge. **Anaphylactoid reactions during membrane exposure:** Anaphylactoid reactions have been reported in patients dialyzed with high-flux membranes and treated concomitantly with an ACE inhibitor. Anaphylactoid reactions have also been reported in patients undergoing low-density lipoprotein apheresis with dextran sulfate absorption. ***Hypotension*** ALTACE can cause symptomatic hypotension, after either the initial dose or a later dose when the dosage has been increased. Like other ACE inhibitors, ramipril has been only rarely associated with hypotension in uncomplicated hypertensive patients. Symptomatic hypotension is most likely to occur in patients who have been volume- and/or salt-depleted as a result of prolonged diuretic therapy, dietary salt restriction, dialysis, diarrhea, or vomiting. Volume and/or salt depletion should be corrected before initiating therapy with ALTACE. In patients with congestive heart failure, with or without associated renal insufficiency, ACE inhibitor therapy may cause excessive hypotension, which may be associated with oliguria or azotemia and, rarely, with acute renal failure and death. In such patients, ALTACE therapy should be started under close medical supervision; they should be followed closely for the first 2 weeks of treatment and whenever the dose of ramipril or diuretic is increased. If hypotension occurs, the patient should be placed in a supine position and, if necessary, treated with intravenous infusion of physiological saline. ALTACE treatment usually can be continued following restoration of blood pressure and volume. ***Hepatic Failure*** Rarely, ACE inhibitors have been associated with a syndrome that starts with cholestatic jaundice and progresses to fulminant hepatic necrosis and (sometimes) death. The mechanism of this syndrome is not understood. Patients receiving ACE inhibitors who develop jaundice or marked elevations of hepatic enzymes should discontinue the ACE inhibitor and receive appropriate medical follow-up. ***Neutropenia/ Agranulocytosis*** As with other ACE inhibitors, rarely, a mild – in isolated cases severe – reduction in the red blood cell count and hemoglobin content, white blood cell or platelet count may develop. In isolated cases, agranulocytosis, pancytopenia, and bone marrow depression may occur. Hematological reactions to ACE inhibitors are more likely to occur in patients with collagen vascular disease (e.g., systemic lupus erythematosus, scleroderma) and renal impairment. Monitoring of white blood cell counts should be considered in patients with collagen-vascular disease, especially if the disease is associated with impaired renal function. ***Fetal/Neonatal Morbidity and Mortality*** ACE inhibitors can cause fetal and neonatal morbidity and death when administered to pregnant women. Several dozen cases have been reported in the world literature. When pregnancy is detected, ACE inhibitors should be discontinued as soon as possible. The use of ACE inhibitors during the second and third trimesters of pregnancy has been associated with fetal and neonatal injury, including hypotension, neonatal skull hypoplasia, anuria, reversible or irreversible renal failure, and death. Oligohydramnios has also been reported, presumably resulting from decreased fetal renal function; oligohydramnios in this setting has been associated with fetal limb contractures, craniofacial deformation, and hypoplastic lung development. Prematurity, intrauterine growth retardation, and patent ductus arteriosus have also been reported, although it is not clear whether these occurrences were due to the ACE inhibitor exposure. These adverse effects do not appear to have resulted from intrauterine ACE inhibitor exposure that has been limited to the first trimester. Mothers whose embryos and fetuses are exposed to ACE inhibitors only during the first trimester should be so informed. Nonetheless, when patients become pregnant, physicians should make every effort to discontinue the use of ALTACE as soon as possible. Rarely (probably less often than once in every thousand pregnancies), no alternative to ACE inhibitors will be found. In these rare cases, the mothers should be apprised of the potential hazards to their fetuses, and serial ultrasound examinations should be performed to assess the intraamniotic environment. If oligohydramnios is observed, ALTACE should be discontinued unless it is considered life-saving for the mother. Contraction stress testing (CST), a non-stress test (NST), or biophysical profiling (BPP) may be appropriate, depending upon the week of pregnancy. Patients and physicians should be aware, however, that oligohydramnios may not appear until after the fetus has sustained irreversible injury. Infants with histories of in utero exposure to ACE inhibitors should be closely observed for hypotension, oliguria, and hyperkalemia. If oliguria occurs, attention should be directed toward support of blood pressure and renal perfusion. Exchange transfusion or dialysis may be required as means of reversing hypotension and/or substituting for disordered renal function. ALTACE, which crosses the placenta can be removed from the neonatal circulation by these means, but limited experience has not shown that such removal is central to the treatment of these infants. No teratogenic effects of ALTACE were seen in studies of pregnant rats, rabbits, and cynomolgus monkeys. On a body surface area basis, the doses used were up to approximately 400 times (in rats and monkeys) and 2 times (in rabbits) the recommended human dose.

PRECAUTIONS

Impaired Renal Function: As a consequence of inhibiting the renin-angiotensin-aldosterone system, changes in renal function may be anticipated in susceptible individuals. In patients with severe congestive heart failure whose renal function may depend on the activity of the renin-angiotensin-aldosterone system, treatment with angiotensin converting enzyme inhibitors, including ALTACE, may be associated with oliguria and/or progressive azotemia and (rarely) with acute renal failure and/or death. In hypertensive patients with unilateral or bilateral renal artery stenosis, increases in blood urea nitrogen and serum creatinine may occur. Experience with another angiotensin converting enzyme inhibitor suggests that these increases are usually reversible upon discontinuation of ALTACE and/or diuretic therapy. In such patients renal function should be monitored during the first few weeks of therapy. Some hypertensive patients with no apparent pre-existing renal vascular disease have developed increases in blood urea nitrogen and serum creatinine, usually minor and transient, especially when ALTACE has been given concomitantly with a diuretic. This is more likely to occur in patients with pre-existing renal impairment. Dosage reduction of ALTACE and/or discontinuation of the diuretic may be required. **Evaluation of the hypertensive patient should always include assessment of renal function.** (See **DOSAGE AND ADMINISTRATION**.) ***Hyperkalemia:*** In clinical trials, hyperkalemia (serum potassium greater than 5.7 mEq/L) occurred in approximately 1% of hypertensive patients receiving ALTACE (ramipril). In most cases, these were isolated values, which resolved despite continued therapy. None of these patients was discontinued from the trials because of hyperkalemia. Risk factors for the development of hyperkalemia include renal insufficiency, diabetes mellitus, and the concomitant use of potassium-sparing diuretics, potassium supplements, and/or potassium-containing salt substitutes, which should be used cautiously, if at all, with ALTACE. (See **DRUG INTERACTIONS**.) ***Cough:*** Presumably due to the inhibition of the degradation of endogenous bradykinin, persistent nonproductive cough has been reported with all ACE inhibitors, always resolving after discontinuation of therapy. ACE inhibitor-induced cough should be considered in the differential diagnosis of cough. ***Impaired Liver Function:*** Since ramipril is primarily metabolized by hepatic esterases to its active moiety, ramiprilat, patients with impaired liver function could develop markedly elevated plasma levels of ramipril. No formal pharmacokinetic studies have been carried out in hypertensive patients with impaired liver function. However, since the renin-angiotensin system may be activated in patients with severe liver cirrhosis and/or ascites, particular caution should be exercised in treating these patients. ***Surgery/Anesthesia:*** In patients undergoing surgery or during anesthesia with agents that produce hypotension, ramipril may block angiotensin II formation that would otherwise occur secondary to compensatory renin release. Hypotension that occurs as a result of this mechanism can be corrected by volume expansion. ***Information for Patients Pregnancy:*** Female patients of childbearing age should be told about the consequences of second- and third-trimester exposure to ACE inhibitors, and they should also be told that these consequences do not appear to have resulted from intrauterine ACE inhibitor exposure that has been limited to the first trimester. These patients should be asked to report pregnancies to their physicians as soon as possible. ***Angioedema:*** Angioedema, including laryngeal edema, can occur with treatment with ACE inhibitors, especially following the first dose. Patients should be so advised and told to report immediately any signs or symptoms suggesting angioedema (swelling of face, eyes, lips, or tongue, or difficulty in breathing) and to take no more drug until they have consulted with the prescribing physician. ***Symptomatic Hypotension:*** Patients should be cautioned that lightheadedness can occur, especially during the first days of therapy, and it should be reported. Patients should be told that if syncope occurs, ALTACE should be discontinued until the physician has been consulted. All patients should be cautioned that inadequate fluid intake or excessive perspiration, diarrhea, or vomiting can lead to an excessive fall in blood pressure, with the same consequences of lightheadedness and possible syncope. ***Hyperkalemia:*** Patients should be told not to use salt substitutes containing potassium without consulting their physician. ***Neutropenia:*** Patients should be told to promptly report any indication of infection (e.g., sore throat, fever), which could be a sign of neutropenia. ***Drug Interactions With Nonsteroidal Anti-inflammatory agents:*** Rarely, concomitant treatment with ACE inhibitors and nonsteroidal agents have been associated with worsening of renal failure and an increase in serum potassium. ***With diuretics:*** Patients on diuretics, especially those in whom diuretic therapy was recently instituted, may occasionally experience an excessive reduction of blood pressure after initiation of therapy with ALTACE. The possibility of hypotensive effects with ALTACE can be minimized by either discontinuing the diuretic or increasing the salt intake prior to initiation of treatment with ALTACE. If this is not possible, the starting dose should be reduced. (See **DOSAGE AND ADMINISTRATION**.) ***With potassium supplements and potassium-sparing diuretics:*** ALTACE can attenuate potassium loss caused by thiazide diuretics. Potassium-sparing diuretics (spironolactone, amiloride, triamterene, and others) or potassium supplements can increase the risk of hyperkalemia. Therefore, if concomitant use of such agents is indicated, they should be given with caution, and the patient's serum potassium should be monitored frequently. ***With lithium:*** Increased serum lithium levels and symptoms of lithium toxicity have been reported in patients receiving ACE inhibitors during therapy with lithium. These drugs should be coadministered with caution, and frequent monitoring of serum lithium levels is recommended. If a diuretic is also used, the risk of lithium toxicity may be increased. ***Other*** Neither ALTACE nor its metabolites have been found to interact with food, digoxin, antacid, furosemide, cimetidine, indomethacin, and simvastatin. The combination of ALTACE and propranolol showed no adverse effects on dynamic parameters (blood pressure and heart rate). The co-administration of ALTACE and warfarin did not adversely affect the anticoagulant effects of the latter drug. Additionally, co-administration of ALTACE with phenprocoumon did not affect minimum phenprocoumon levels or interfere with the subjects' state of anti-coagulation. ***Carcinogenesis, Mutagenesis, Impairment of Fertility*** No evidence of a tumorigenic effect was found when ramipril was given by gavage to rats for up to 24 months at doses of up to 500 mg/kg/day or to mice for up to 18 months at doses of up to 1000 mg/kg/day. (For either species, these doses are about 200 times the maximum recommended human dose when compared on the basis of body surface area.) No mutagenic activity was detected in the Ames test in bacteria, the micronucleus test in mice, unscheduled DNA synthesis in a human cell line, or a forward gene-mutation assay in a Chinese hamster ovary cell line. Several metabolites and degradation products of ramipril were also negative in the Ames test. A study in rats with dosages as great as 500 mg/kg/day did not produce adverse effects on fertility. ***Pregnancy*** Pregnancy Categories C (first trimester) and D (second and third trimesters). **See WARNINGS: Fetal/Neonatal Morbidity and Mortality.** ***Nursing Mothers*** Ingestion of single 10 mg oral dose of ALTACE resulted in undetectable amounts of ramipril and its metabolites in breast milk. However, because multiple doses may produce low milk concentrations that are not predictable from single doses, women receiving ALTACE should not breast feed. ***Geriatric Use*** Of the total number of patients who received ramipril in US clinical studies of ALTACE 11.0% were 65 and over while 0.2% were 75 and over. No overall differences in effectiveness or safety were observed between these patients and younger patients, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. ***Pediatric Use*** Safety and effectiveness in pediatric patients have not been established.

ADVERSE REACTIONS

Hypertension ALTACE has been evaluated for safety in over 4,000 patients with hypertension; of these, 1,230 patients were studied in US controlled trials, and 1,107 were studied in foreign controlled trials. Almost 700 of these p[atients] treated for at least one year. The overall incidence of reported adverse[...] similar in ALTACE and placebo patients. The most frequent clinical [...] (possibly or probably related to study drug) reported by patients rece[iving] in US placebo-controlled trials were: headache (5.4%), "dizziness" [...] fatigue or asthenia (2.0%), but only the last was more common in ALTA[CE] than in patients given placebo. Generally, the side effects were mild [...] and there was no relation to total dosage within the range of 1 to [...] Discontinuation of therapy because of a side effect was required in [...] 3% of US patients treated with ALTACE. The most common [...] discontinuation were: cough (1.0%), "dizziness" (0.5%), and unpotent[...] observed side effects considered possibly or probably related to stu[dy] occurred in US placebo-controlled trials in more than 1% of patients [...] ALTACE, only asthenia (fatigue) was more common on ALTACE [...] (2% vs. 1%). In placebo-controlled trials, there was also an excess o[f] ratory infection and flu syndrome in the ramipril group, not attributa[ble] to ramipril. As these studies were carried out before the relationship [...] ACE inhibitors was recognized, some of these events may [...] ramipril-induced cough. In a later 1-year study, increased cough [...] almost 12% of ramipril patients, with about 4% of patients requiring d[...] of treatment. ***Heart Failure Post Myocardial Infarction*** Adve[rse] (except laboratory abnormalities) considered possibly/probably rel[ated] to drug that occurred in more than one percent of patients and more [...] ramipril are listed below. The incidences representing experiences [...] study (1004 ramipril patients, 982 placebo patients, follow-up time 6 [...] include hypotension (ramipril 11%, placebo 5%), increased cough [...] placebo 5%), dizziness (ramipril 4%, placebo 3%), angina pectoris [...] placebo 2%), nausea (ramipril 2%, placebo 1%), postural hypotension [...] placebo 1%), syncope (ramipril 2%, placebo 1%), vomiting (ramipril [...] 0.5%), vertigo (ramipril 2%, placebo 0.7%), abnormal kidney function [...] placebo 0.5%) and diarrhea (ramipril 1%, placebo 0.4%). Safety data[...] trial (4645 patients on ramipril and 4652 patients on placebo) were [...] reasons for discontinuation or temporary interruption of [...] Discontinuation at any time occurred in 34% of patients on ramipril [...] patients on placebo. Permanent discontinuation occurred in 29% [...] ramipril and 28% of patients on placebo. Reasons for stopping incl[ude] (ramipril 7%, placebo 2%), hypotension or dizziness (ramipril 1.9%, pla[cebo] and angioedema (ramipril 0.3%, placebo 0.1%). The incidence of cough [...] to that seen in the AIRE trial. The rate of angioedema was the same a[s in] clinical trials (see **WARNINGS**). Other adverse experiences [...] controlled clinical trials (in less than 1% of ramipril patients), or rarely [...] in postmarketing experience, include the following (in some, a causal [...] to drug use is uncertain); events not likely to be drug related and mino[r] been omitted. **Body As a Whole:** Anaphylactoid reactions (see **WARNINGS**.) **Cardiovascular:** Symptomatic hypotension (reported [...] patients in US trials) (See **WARNINGS** and **PRECAUTIONS**), syncope, [...] pitations. **Hematologic:** Pancytopenia, hemolytic anemia and thrombo[...] **Renal:** Some hypertensive patients with no apparent pre-existing r[enal] have developed minor, usually transient, increases in blood urea [...] serum creatinine when taking ALTACE, particularly when ALTACE [...] concomitantly with a diuretic. (See **WARNINGS**.) **Angioneuro[tic] Ed**[ema] Angioneurotic edema has been reported in 0.3% of patients in US [...] (See **WARNINGS**.) **Gastrointestinal:** Pancreatitis, abdo[minal] (sometimes with enzyme changes suggesting pancreatitis), anorexia, [...] diarrhea, dry mouth, dyspepsia, dysphagia, gastroenteritis, hepatit[is], salivation and taste disturbance. **Dermatologic:** Apparent hy[per] reactions (manifested by urticaria, pruritus, or rash, with or without fever) [...] multiforme, pemphigus, photosensitivity, purpura, pemphigoid, Stevens-J[ohnson] syndrome, toxic epidermal necrolysis, and onycholysis. **Neuro[logic/] Psychiatric:** Anxiety, amnesia, convulsions, depression, hearing lo[ss], nervousness, neuralgia, neuropathy, paresthesia, somnolence, tin[nitus], vertigo, and vision disturbances. **Miscellaneous:** As with other A[CE] a symptom complex has been reported which may include a posi[tive] elevated erythrocyte sedimentation rate, arthralgia/arthritis, myal[gia], vasculitis, eosinophilia, photosensitivity, rash and other [dermal] manifestations. Additionally, as with other ACE inhibitors, [...] pneumonitis has been reported. ***Fetal/Neonatal Morbidity and Mort[ality]*** **See WARNINGS: Fetal/Neonatal Morbidity and Mortality.** [...] arthralgia, arthritis, dyspnea, edema, epistaxis, impotence, increase[d] malaise, myalgia, and weight gain. **Clinical Laboratory Tests** **Creatinine and Blood Urea Nitrogen:** Increases in creatin[ine] occurred in 1.2% of patients receiving ALTACE alone, and in 1.5% [...] receiving ALTACE and a diuretic. Increases in blood urea nitrogen [...] in 0.5% of patients receiving ALTACE alone and in 3% of patients rece[iving] with a diuretic. None of these increases required discontinuation [...] Increases in these laboratory values are more likely to occur in patien[ts] insufficiency or those pretreated with a diuretic and, based on exp[erience] other ACE inhibitors, would be expected to be especially likely in [...] renal artery stenosis. (See **WARNINGS** and **PRECAUTIONS**.) S[mall] decreases aldosterone secretion, elevation of serum potassium [...] Potassium supplements and potassium-sparing diuretics should be [used] caution, and the patient's serum potassium should be monitored fre[quently] **WARNINGS** and **PRECAUTIONS**.) **Hemoglobin and Hem[atocrit]** Decreases in hemoglobin or hematocrit (a low value and a decrease [...] 5% respectively) were rare, occurring in 0.4% of patients receiving A[LTACE] and in 1.5% of patients receiving ALTACE plus a diuretic. No [...] discontinued treatment because of decreases in hemoglobin or hema[tocrit] **(causal relationships unknown):** Clinically important changes [...] laboratory tests were rarely associated with ALTACE administration [...] liver enzymes, serum bilirubin, uric acid, and blood glucose have been [...] have cases of hyponatremia and scattered incidents of leukopenia, [...] and proteinuria. In US trials, less than 0.2% of patients discontinued [...] laboratory abnormalities; all of these were cases of proteinuria [...] liver-function tests.

OVERDOSAGE

Single oral doses in rats and mice of 10-11 g/kg resulted in signific[ant] In dogs, oral doses as high as 1 g/kg induced only mild ga[stric] distress. Limited data on human overdosage are available. The most [...] manifestations would be symptoms attributable to hypotension. [...] hypotensive effect of ramipril is achieved through vasodilation a[nd] hypovolemia, it is reasonable to treat ramipril overdose by infusi[on] saline solution.

Rx only.

Prescribing Information as of September 2000

Distributed by: Monarch Pharmaceuticals, Inc., Bristol, TN 37620

Manufactured by: Aventis Pharmaceuticals Inc., Kansas City, MO

934098

CI 6173-2

Issued Octob[er]

ALTACE is available in 1.25-, 2.5-, 5-, and 10-mg capsules.



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Tasty fun in the outdoors

Grilling with KC Masterpiece® Barbecue Sauce & Farmland Fresh P







It's summer time and the grilling is easy! Firing up the grill is a g way to enjoy a warm summer night with family and friends. Invite neighbors over – the aroma of meat on the grill will be an open invitat to relax.

The key to successful grilling is taste and variety. Try Farmland E Tender® Fresh Pork cuts with KC Masterpiece Barbecue Sauce. sauce's rich flavor, with a hint of garlic, molasses, onion, and spic is the perfect complement to pork's great taste. Experiment with ferent cuts of pork like chops, ribs or tenderloins. Plus, Farmland E Tender Fresh Pork is guaranteed to be moist and tender.

Get fired up for grilling with new recipes from KC Masterpi Barbecue Sauce and Farmland Extra Tender Fresh Pork, and you'll cooking all summer long.

Tex Mex Ribs

w/ Black Bean-Corn Salsa



Serves 4: Preheat outdoor grill or grill pan to medium. In a small bowl, combine 1 cup **KC Masterpiece Barbecue Sauce**, 2 teaspoons chili powder, and 1 teaspoon ground cumin. Place 4 pounds of **Farmland Extra Tender® Pork Ribs** (2 packages) on grill; cover and grill 10 minutes. Remove cover, baste ribs with the sauce and grill an additional 20 minutes, or until cooked through, turning and basting frequently.

Black Bean Corn Salsa: In a medium bowl combine 2 cups whole kernel corn, 1/2 cup canned black beans (rinsed and drained), 1 seeded and diced red bell pepper, 2 tablespoons red wine vinegar, and 1 teaspoon ground cumin. Mix well. Season to taste with salt and black pepper.



Sweet n' Sour Pork

w/ Tasty Vegetable Kebabs



Serves 4: Place 4 boneless **Farml Extra Tender® Pork Loin Chops** shallow dish. In a small bowl, w together 1/2 cup **KC Masterp Barbecue Sauce** and 2 tablespo each fresh lime juice and ho Preheat grill to medium. Grill chop to 15 minutes, or until the inte temperature reads 160°F., brushing each side with s during last 5 to 10 minutes of cooking.

Vegetable Kebabs: Skewer 4 small red potatoes (quartere medium zucchini (cut into 2-inch pieces), 8 cherry toma and 1 red onion (cut into 1-inch pieces) on 8 wooden or m skewers. Brush kebabs with olive oil and season with salt black pepper. Grill alongside pork chops, for 9 to 10 min until golden brown and vegetables are crisp-tender.

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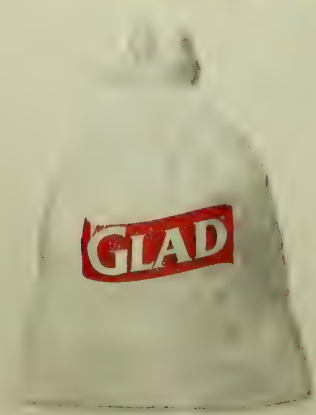
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Text by Stephen Exel

Summer's crisp white blossoms bring simple elegance to outdoor table settings. Gathered from the garden or plucked from florists' stock, these easy, artful arrangements speak volumes using one type of flower and the quietest of containers. To complete the look, add just enough water to cover the stems.

continued on page 86

Slip Into Summer Whites

continued from page 85



Soft Swirl

Miniature calla lilies (*page 85*
bloom in this refined centerpiece
Select a small, straight-sided
glass vessel (a dessert bowl o
fruit compote works well), cut the
stems to the same length, and
graduate the blossoms up the
side of the bowl. Mini calla stems
are pliable and easy to manipu
late into the ringlike effect, which
is well-suited to a garden wedding
or bridal shower.

Water Garden

Dramatic water lilies (*below*) in a
white jade bowl elevate a simple
idea to a celebration. Create this
centerpiece—evocative of a gar
den pond—by laying the flowers
in an asymmetrical pattern across
the rim of the bowl. You'll need only
three or four stems, but choose
high quality, thick-stemmed flowers
for this "less-is-more" look. Use a
shallow oval bowl, such as a low-
sided serving dish.



Drop Everything

A casual, self-contained bouquet of scabiosa, or pincushion flowers (*above*), complements any informal gathering. Cut the flowers evenly across the bottom and tie with raffia. Give a little twist to fan out the flowers, and then drop the bouquet into a tall vase filled with just enough water to let the flowers drink. For maximum effect, use minimum effort: Don't fuss with the arrangement. The vase keeps the petals from blowing away and creates a lovely "frame" for the bouquet. Choose a vase of thick glass (it's less likely to tip over) with a rough, hand-blown texture.

continued on page 88



Does your child's ergy medicine have proven history of reating indoor and outdoor allergies?

hot, talk to their doctor out switching to Zyrtec.

To learn more, visit **www.zyrtec.com.**

Unlike some allergy medicines, Zyrtec® (cetirizine HCl) has a proven history of treating both year-round indoor allergies like pet dander and dust, and outdoor allergies like tree and grass pollens. In fact, doctors prescribe it to millions of people, all year long.

Even better, Zyrtec can be taken by kids as young as two years. And just one dose gives 24-hour relief. Ask your child's doctor for free samples of prescription Zyrtec tablets or syrup. And for more information, call 1-800-3-ZYRTEC.

In Zyrtec studies with children, side effects were mild or moderate and included drowsiness, headache, sore throat and stomach pain. Drowsiness occurred in between 2% and 4%, depending on dose, compared to 1% taking placebo.

ZYRTEC
cetirizine HCl

Lots of allergies. Just one Zyrtec.™

se see important information about Zyrtec 5-mg and 10-mg tablets and 1-mg/mL syrup on the adjacent page.

PATIENT SUMMARY OF INFORMATION ABOUT

ZYRTEC®

cetirizine hydrochloride

(Zur'-tek) (se-teer-i-zeen) (hī-drō-klōr-īd)

This summary contains important information about ZYRTEC. It is not meant to take the place of your doctor's instructions. Read this information carefully before you start taking ZYRTEC. Each time you fill your prescription, be sure to read the summary that comes with it. It could contain new information. Ask your doctor or pharmacist if you do not understand any of this information or if you want to know more about ZYRTEC.

➤ What Is ZYRTEC?

ZYRTEC is a prescription medicine for certain types of allergies in adults and children age 2 years and older. It is an antihistamine and is available as a tablet or syrup.

When you have allergies, your body releases a natural chemical called histamine that causes the sneezing, runny nose, hives, and other symptoms of allergies. ZYRTEC helps block histamine from causing these symptoms. ZYRTEC treats:

Seasonal allergies ("outdoor allergies")

During certain times of the year, there may be high levels of pollens in the air from ragweed, grass and trees. A person allergic to any of these may develop sneezing; itchy, runny nose; and red, itchy watery eyes.

Perennial allergies ("indoor allergies")

All year long, things such as dust mites, animal dander, and molds are in the air. A person allergic to any of these may have symptoms every day such as sneezing; itchy, runny nose; postnasal drip (dripping from the nose down the back of the throat); and red, itchy eyes and tearing.

Continuing (chronic) hives

Some people may get red, itchy bumps on their skin called hives. The bumps can be small or large. The cause of this type of hives is not always known. ZYRTEC helps relieve the itching of these hives and shortens the length of time they last.

➤ What Should I Tell My Doctor Before Taking ZYRTEC?

Only your doctor can decide if ZYRTEC is right for you. Before you start ZYRTEC, be sure to tell your doctor if you:

- are taking **any** prescription medicines
- are taking any over-the-counter medicines you can buy without a prescription, including natural/herbal remedies
- have ever had any kidney problems or are on dialysis
- have ever had any liver problems
- are pregnant, think you might be pregnant, plan to become pregnant, or are breast-feeding
- have ever had an allergic reaction to any medicine

➤ Who Should Not Take ZYRTEC?

People who have ever had an allergic reaction to cetirizine or any of the ingredients in ZYRTEC, or to the medicine hydroxyzine (also called Atarax®*) should not take ZYRTEC. Your doctor or pharmacist can give you a list of these ingredients.

➤ ZYRTEC And Other Medicines

Some medicines can affect how well ZYRTEC works. While on ZYRTEC, check with your doctor or pharmacist before starting any new prescription or any medicines you can buy without a prescription, including natural/herbal remedies.

➤ How Do I Take ZYRTEC?

ZYRTEC comes as tablets (5 mg or 10 mg) as well as a syrup (5 mg/teaspoon). ZYRTEC can be taken with or without food at any time of the day. Your doctor will prescribe the dose that is right for you.

ZYRTEC Tablets

Adults and Children 12 Years and Older: Take ZYRTEC once a day.

ZYRTEC Syrup

Use a medicine spoon to measure the exact dose of ZYRTEC syrup prescribed by your doctor.

Children 6 to 11 Years: Give ZYRTEC syrup once a day.

Children 2 to 5 Years: Depending on your child's condition, the doctor may want you to give the child the full dose once a day or half the dose twice a day. Follow your doctor's instructions.

➤ What Are The Possible Side Effects?

Like all medicines, ZYRTEC may cause some side effects. These effects are usually mild to moderate. The most common side effects in adults and children 12 years and older are:

- feeling tired or sleepy
- dizziness
- dry mouth
- sore throat

Children under the age of 12 years may have side effects such as headache, sleepiness, sore throat or stomachache.

ZYRTEC may cause other less common side effects besides those listed here. If you want more information or develop any side effects or symptoms you are concerned about, call your doctor.

CAUTION: Some people may feel sleepy when taking ZYRTEC. Be careful doing things where you need to be alert (such as driving a car or using dangerous machinery). Do not drink alcohol or use other medicines that make you sleepy while taking ZYRTEC.

➤ What To Do For An Overdose?

In case of accidental overdose, call your doctor or poison control center right away or go to the nearest emergency room.

➤ How Should I Store ZYRTEC?

Store ZYRTEC tablets in a dry place and in the original container. Store at room temperature (59°-86°F or 15°-30°C). ZYRTEC syrup can be kept in the refrigerator or at room temperature (41°-86°F or 5°-30°C). Keep ZYRTEC, and all medicines out of the reach of children.

➤ For More Information About ZYRTEC

This sheet is only a summary. If you have any questions or want more information about ZYRTEC, talk with your doctor, healthcare provider or pharmacist. You can also visit the ZYRTEC Internet site at **www.zyrtec.com** or call 1-888-244-7354.

➤ General Advice About Prescription Medicines

Do not use ZYRTEC for a condition for which it was not prescribed. Only a doctor can prescribe ZYRTEC. Do not share your ZYRTEC with other people.

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Slip Into Summer Whites

continued from page 86

Brimming Bouquets

Although tiny in scale, these two arrangements send a huge message by using lush bunches of grape hyacinth (*top*) or ranunculus (*bottom*) to fill 4½-inch tall containers. Here, a small tumbler and a rustic zinc pot are mellow counterpoints to the extravagant bouquets. To achieve this bumper crop effect, cut the stems evenly (a few odd-sized stems are fine) and pack the containers as full as you possibly can. In place of hyacinth, try violets, sweet peas, pansies, or even grass; spray roses will work well in place of the ranunculus. Make sure the containers, especially older ones, are waterproof. If necessary, use a disposable drinking cup inside to hold water. For big impact, place a lineup of similar arrangements down the center of a table—you don't need the containers to match as long as you use the same size and keep to one style of flower.

Buying information, page


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DIRECTIONS:

1. Get home from work late.
2. Take out as many slices as you need.
3. Toast 4-5 minutes.
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Each kit contains sufficient materials to make *all three* samplers, including: full-color photos; 14-count ivory Aida cross-stitch fabric; embroidery floss; needle; cross-stitch charts; braid trim; plastic saucers to use as frames; self-adhesive hangers; and complete, easy-to-follow instructions. The price per kit is $39.95, which includes shipping, handling, and applicable sales tax.

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"If I Only Had a View"

A room with a view. That's what every homeowner wants of his or her bedroom. That's especially true for one San Francisco resident, whose narrow side yard used to feature nothing more than flat walls and unsightly garbage cans. Now the transformed passageway is home to flowering, shade-loving plants that greet the homeowner each morning. New sliding glass doors access a manageable 9-inch-wide planting bed and treillage filled with cineraria, fuchsia, and jasmine. "By opening up the master bedroom along its one exterior wall, the room feels enhanced with more color, space, and light," says architect Mark English.





The gate (*top right*) that faces the street is a clever adaptation of an old glazed door that was salvaged by the homeowner. A lattice design similar to the treillage was attached to the framing of the glass door, providing some security while letting in light. A double-peaked cap above the door gives a hint of the Victorian gables in the neighborhood, but with a contemporary flair. The brick passageway (*bottom right*) provides a private garden entrance to the home.

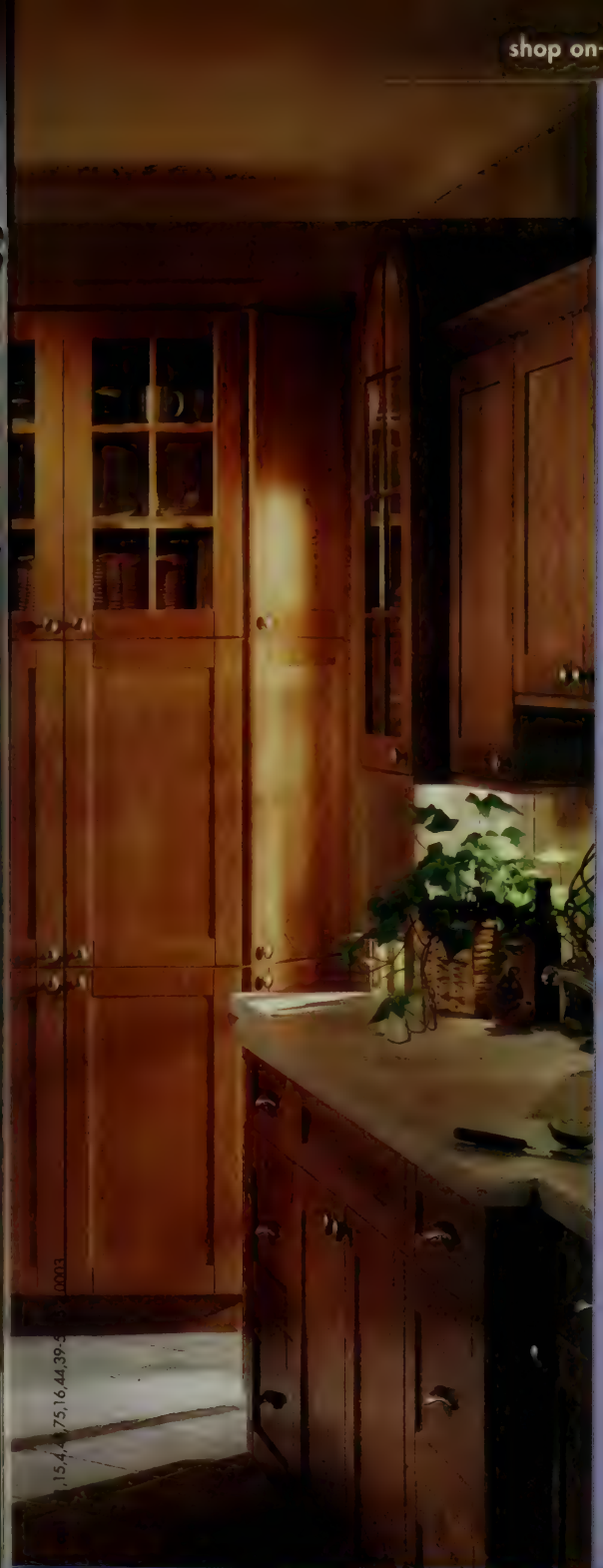


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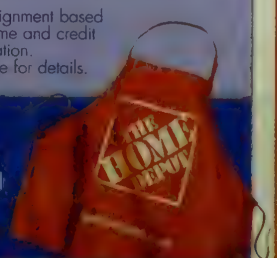
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We offer several convenient, attractive financing options and will find the right one for you.***

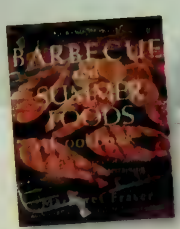


*** Where available. Subject to credit approval. [illegible] for part on installation. See store for details.

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FREE Barbecue and Summer Foods Cookbook Included!

American Standard

Williamsburg High Flow Kitchen Faucet with Sprayer and Cookbook

Ceramic discs make this faucet drip-free for life - guaranteed! Higher spout clears large pots. Both metal and porcelain lever handles included. Lifetime warranty on function and finish. (365-861) **$99.00**



Price Pfister

Savannah Kitchen Faucet with Spray

Chrome finish with porcelain levers. 4-hole installation. Gooseneck swing spout. Pforever Pfinish™ warranty. 8H6-85PC (697-048)

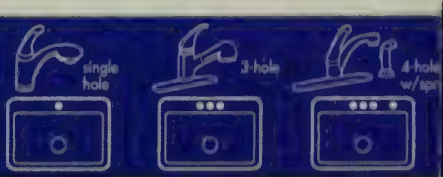
Hi-Arc Bath Faucet

Chrome finish. 4" center set. Includes pop-up and drain. Pforever Pfaucet™ warranty. Solid brass construction. 8H3-80PC (784-888)

Your Choice **$79.00**

How to select a kitchen faucet

Kitchen faucets come in a dizzying array of styles and options. Here are some guidelines to help you make your selection.





THE BOLD LOOK OF KOHLER

Fairfax Kitchen Faucet with Spray

Chrome finish. 4-hole installation. Washerless ceramic valving. Lifetime limited warranty. High-temperature limit stop for added safety. Stainless steel flexible supply hose.

K-12172-CP (314-360) **$129.00**



DELTA

Waterfall® Kitchen Faucet

Chrome finish. 3-hole installation. Washerless design. Lifetime function and finish warranty.

172-WF (750-654) **$159.00**



MOEN

Extensa Pull-Out Kitchen Faucet

Chrome finish. 1 or 3-hole installation. Spray or aerated stream. Convenient high-arc design makes it easy to fill large containers. Lifetime warranty against leaks, drips and finish defects.

87560C (316-173) **$219.00**

That's Only **$10** Per Month*

Receive a $20 Gift Card



With the purchase of a special order faucet valued at $150 or greater.

After mail-in rebate, allow 6-8 weeks for delivery of card.

Order Today, Install Tomorrow

Over 10,000 faucets to choose from shipped directly to your home.*

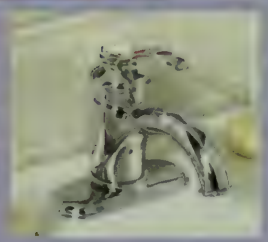
Ordering is quick and easy.

Visit a store for more information.

*Free ground shipping; $7.95 for overnight delivery.







Thousands of styles and finishes available.

Choose from these top name brands and more:

THE BOLD LOOK OF KOHLER · DELTA · MOEN · hansgrohe · Price Pfister · American Standard

How many holes does your sink have?

Check the number of holes in your sink and get a faucet to match. Both three and four hole sinks may accommodate single or two-handle faucets. But four-hole sinks give you space for more options such as soap dispensers and vegetable sprayers.





American Standard Williamsburg™ Suite only at The Home Depot®

Now you can have Old World Charm in a fully coordinated suite. The Williamsburg collection features a totally coordinated bathroom solution including; fixtures, faucets and accessories for risk free design assurance.

Williamsburg™ Elite Whirlpool

Built-in apron model for easy, attractive installation. Lifetime in-home service warranty. Jet comfort system featuring six interchangeable universal flex-jets. Two high-performance ideal-flow jets. Upgraded 1.5hp pump/motor for vigorous jet action. Pre-plumbed to accept EZ-install heater sold seperately. 60" x 32" x 21 1/2".
2425E.RHO.020 (711-215, 711-217) **$599**

That's Only **$19** Per Month*



Lifetime Warranty* & In-Home Service

All American Standard Elite Whirlpools are backed by a lifetime warranty and in-home service program. Simply call the dedicated whirlpool hotline 7 days a week for in-home service. American Standard Elite Whirlpools... comfort you can count on.

*extended to original purchaser



Williamsburg™ Pedestal Sink
White vitreous china. Accommodates a 4" center set faucet. 24-1/2"W x 19"D x 36"H.
0224014020/73100740002
(511-703, 511-717) **$179.00**

Williamsburg™ Two-Piece Toilet
White "A" grade china. Round bowl. Quiet, gravity-fed flush. 1-7/8" fully glazed trapway. Seat sold separately.
(511-698, 511-670) **$174.00**



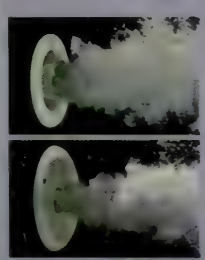
Cadet Elite Whirlpool
White. Acrylic with fiberglass reinforcement. Form fitted back rest. Molded-in armrests with elbow supports. Includes 1.5 hp pump. 5x36.
2771E.020 (711-181)
$549.00 That's Only **$17** Per Month*



Renaissance Whirlpool
White acrylic with fiberglass reinforcement. Uses six jets; four multi-directional side jets and two fully adjustable lumbar jets. Includes 1 hp pump with built-in cord for easy hook-up. 61 gallon water capacity. Skirt sold separately.
60" x 32 3/4" x 19 3/4".
2732018.020 (351-020)
$349.00 That's Only **$15** Per Month*



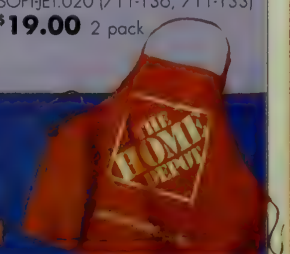
Elite Whirlpool EZ-Install Heater
Maintains constant water temperature while bathing without refilling. Easily installs on American Standard Elite Whirlpools.
EZHEATER-100 (711-144)
$149.00



Elite Whirlpool Flex-Jet System
Choose from pulse-jet or soft-jet. Enjoy 2 different hydro-massages to suit your mood. Interchangeable Pulse-Jets or Soft-Jets are optional. Adjust water velocity and direction for each jet while bathing.
SOFT-JET.020 (711-136, 711-133)
$19.00 2 pack

Special Order Elite Whirlpools delivered in 7 days

Get your American Standard Elite Whirlpool faster with The Home Depot. Any Elite Whirlpool or accessory that is not available at your local Home Depot store can be special ordered and, in most cases, delivered in seven calendar days. Visit any Home Depot store to place your order.



*On The Home Depot Consumer Credit Card...see page 24 for details



Kohler® Devonshire™ Suite only at The Home Depot®

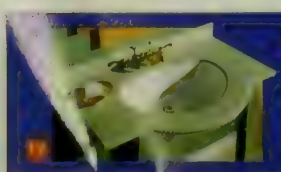
KOHLER Suites explore design themes to their fullest. Spanning looks from traditional to contemporary, each offers a distinct combination of fixtures, faucets and accessories to bring continuity to the bath or powder room. Make your design dream a reality with the KOHLER Devonshire Suite and The Home Depot.

Devonshire™ 5' Drop in Whirlpool

Includes 1.25 hp pump with air switch actuator. Eight color-matched Kohler jets direct adjustable hydro-massage for major muscle groups. Crafted of high-gloss acrylic and backed with a solid layer of fiberglass to ensure durability and resistance to chipping, cracking and flexing. Designed for one person bathing. Also available in skirted tub. Special order only.

K1357-0 ..... **$618.75**

That's Only **$19** Per Month*



Over 30,000 special order bath products available!

Incredible selection, great prices and same day shipping. Visit your local Home Depot store for more information and to place your order.



Two-Piece Elongated Memoirs™ Toilet
White. Kohler's most efficient gravity flush toilet. Classic tank designs which complements other Memoirs fixtures. 2" fully glazed trapway.
K4254-0/4454-0
(268-489, 453-088)
$259.00

That's Only **$11** Per Month*

Two-Piece Devonshire™ Toilet
Exclusive design to Home Depot. White. Two-piece. 2" fully glazed trapway. Beautifully detailed design lines.
4269-0/4619-0
(496-809, 496-874)
$189.00

Two-Piece Serif Toilet
Transitional design that coordinates with many Kohler products. 2" fully glazed trapway. Wellworth flushing system featuring a top-mount pull action flush. Jetted technology for a powerful flush.
K4276-0/K4608-0
(807-311, 715-962)
$194.00

Two-Piece Highline Toilet
White. Comfortable 16-1/2" bowl height. Siphon jet for the most powerful gravity flush. 2" fully glazed trapway. ADA approved.
K4274-0/K4620-0
(738-435, 805-505)
$149.00

*Seats sold separately

Devonshire™ Pedestal Sink and Base
White. Fits 8" on center faucet. Old world design Vitreous china. Part of the Devonshire™ ensemble.
24-1/8" x 19-3/4" x 33-1/2".
K2287-8-0/K2288-0 (167-707, 495-555) **$169.00**

Devonshire™ Two-Piece Toilet
4269-0/4619-0 (496-809, 496-874) **$189.00**

Many items available direct to your home.
Choose from these top name brands and more:
THE BOLD LOOK OF KOHLER
Price Pfister
Jacuzzi
American Standard
DELTA
MOEN

*On The Home Depot Consumer Credit Card...see page 23 for details



Desert View Porcelain Tile
Case Covers 14.39 Sq. Ft. Natural, Soft Look, Imported from Spain
#48931 $2.29 Per Sq. Ft.

BUY NOW!
No Payments & No Interest for 6 Months
With any single purchase of $299 or more on your Home Depot Consumer Credit Card.



Mendocino Ceramic Tile
12"x12". Case covers 11 sq. ft. Available in Golden Brown color. The rustic look of lightly weathered stone.
(639846) (640490) ..... $**1.79** Per Sq. Ft.



Seil Slate Volcanic Ash Ceramic Tile
12"x12". Case covers 15 sq. ft. Smooth satin finish. Durable, white-bodied, glazed tile
(742762) (742733) ..... $**1.69** Per Sq. Ft.



French Quarter Ceramic Tile
12"x12". Case covers 11 sq. ft. Glazed paver with a unique textured surface. Color variations add a natural look to your floor surface.
207837) (207993) ..... $**2.65** Per Sq. Ft.



Antica Ceramic Tile
12"x12". Case covers 15 sq. ft. Available in Spagna (green) color. Semi-matte glaze. Natural slate look.
(456159) (456167) ..... $**1.98** Per Sq. Ft.

No Payments are required for six months on any approved purchase of $299 or more charged to your Home Depot Consumer Credit Card account. Finance charges and any optional insurance charges on your promotional purchase will be billed from date of purchase, but finance charges will be reversed if you pay the full promotional purchase amount and any optional credit insurance charges within six months. If you do not, you must pay these charges. Monthly payments are not required on qualified purchases during the promotional period. Standard account terms apply to non-promotional purchases and, after the promotion ends, to your promotional purchases. For purchases made with your Home Depot Consumer Credit Card account, the Annual Percentage Rate (APR) is 21% (18% in IA) and 15.48% for purchases of $2,000 or more. Minimum finance charge is $1.00 ($.50 in IA). Offer subject to credit approval by Monogram Credit Card Bank of Georgia. This offer is valid at all U.S. Home Depot Stores Villager's Hardware™ and The Home Depot Floor Store.





Command Performance Texture Carpet
10-year limited stain warranty.
15-year limited wear warranty.
5-year texture retention warranty.
91 oz. face weight.
15 colors available.
(888180) **$1.69** per sq. ft. Carpet only

AT-HOME SERVICES

Installed for You
Choose At-Home Services for your professional installation needs.
Cabinets, Countertops, Flooring, Window Treatments and more!

Reliable
On-time, courteous, respectful installers working for you.



Tower Grove Textured Saxony Carpet
7-year soil and stain resistance warranty. 10-year wear warranty. Available in 36 colors. 48.9 oz. face weight.

(152664) ..... $1.69 Per Sq. Ft. Carpet only†



Wall Street II Texture Carpet
5-year stain warranty. 10-year wear warranty. Available in 28 colors. 55 oz. face weight.

(758388) ..... $2.16 Per Sq. Ft. Carpet only†



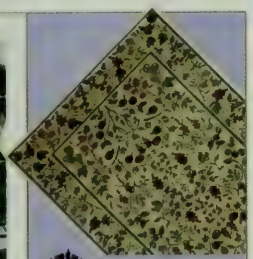
Diamond II Berber Carpet
5-year stain and fade warranty. 10-year wear warranty. Available in 9 colors. 40.7 oz. face weight.

(758388) ..... $1.35 Per Sq. Ft. Carpet only†



Tybee Loop Berber Carpet
7-year stain and soil warranty. 10-year wear warranty. Available in 12 colors. 34 oz. face weight.

(758388) ..... $1.87 Per Sq. Ft. Carpet only†



Oriental Weavers Of America

5'x8' Fruitful Vanilla Area Rug
(280591) $94.96
2'x8'
(280568) $34.97
2'x4'
(280564) $16.95



KORHANI

5'x8' Autumn Rose Area Rug
(835362) $99.97
2'x8'
(835272) $39.97
2'x4'
(835263) $18.97



Beaulieu

5'x8' Lion's Heart Area Rug
(257740) $249.00
2'x8'
(257707) $79.97
2'x4'
(257440) $34.97

Quality Work
Expect licensed* and insured professionals that will get the job done right the first time.

Satisfaction
All At-Home Services are guaranteed.** Home Depot will stand behind the service you receive.

Financing
We offer several convenient, attractive financing options and will find the right one for you.***



*** Where available. Subject to credit approval. †Extra charge for pad and installation. See store for details.

BALI

Special Buy
~~Save 15%~~
on all sizes Bali Double Diamondcell™ Shades





Double Diamondcell™ Cellular Shade

Special buy styles include your choice of Day Break, Double Solitaire, Northern Lights, Storm, Illusion, Tinted Whites and Midnight. Special order any sizes to fit your windows. Offers comfort by insulating from heat, cold and sound. Limited lifetime warranty. (772-448)

Special Buy Northern Lights 36" x 64" **$84.00**



Design Consultants are ready to help determine the right style, privacy and light control solutions for your windows.

Custom Made Fit treatments with a wide variety of styles and finishes available, many cut to size while you shop.



Choicewoods™ Northern Heights™ Wood Blinds
Quality North American basswood slats made from renewable forests. Pick from 28 fashion forward colors, traditional wood stains, color coordinated ladders, cords and tassels. Custom sized to fit your windows. Special order. Sizes starting from 36" x 64"
(772-451) $117.00



Graber Pinnacle Vertical Blinds with Valance and Superview® Head Rail
Choose from 3 styles: Quantum, Lexington and Decatur sculptured. Custom sized to fit your windows. Special order. Sizes starting from 78" x 84". Includes Valance.
435-982) $192.00

Cut While You Wait
Window coverings can be trimmed to your exact width in minutes at no extra charge. Lengths are easily shortened after installation!



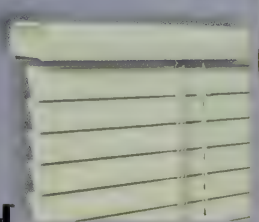
Grand Wood

2" Fauxwood™ Blinds
Choose from white or alabaster. Includes matching decorative valance. Sizes starting from 23" x 64". Cut to width.
(122-555) $19.97



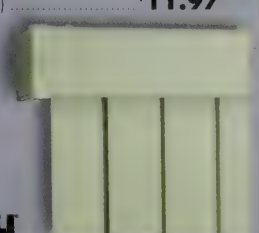
BALI

1" Aluminum Mini Blinds
Sleek custom headrail design, sizes starting from 35" x 64"
(274-701) $19.97



BALI

Bali Today® 1" Vinyl Mini-Blinds
Excellent light and privacy control, sizes starting from23" x 72".
(143-249) $11.97

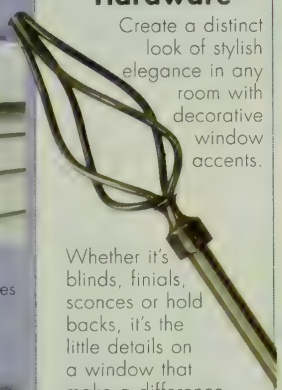


BALI

Vinyl Vertical Blinds
Replacement track, sizes up to 53"
(564-368) $15.97
Replacement slat, sizes up to 84".
(564-467) $14.97

Kirsch

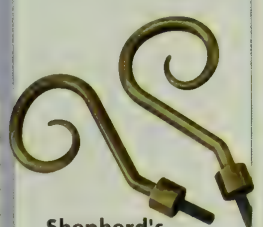
Drapery Hardware
Create a distinct look of stylish elegance in any room with decorative window accents.



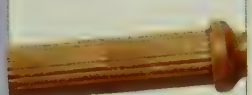
Whether it's blinds, finials, sconces or hold backs, it's the little details on a window that make a difference.

Bird Cage Finial
(518-955) $10.97

Fashion Trends Rod
Available in black, pewter and antique brass. Size 48" -120".
(554-167) $29.97



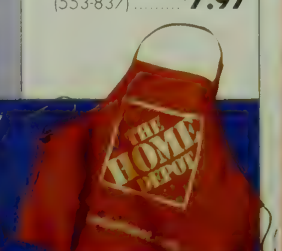
Shepherd's Crook Finial
(553-942) $11.97



8' Pole
(552-187) $16.98



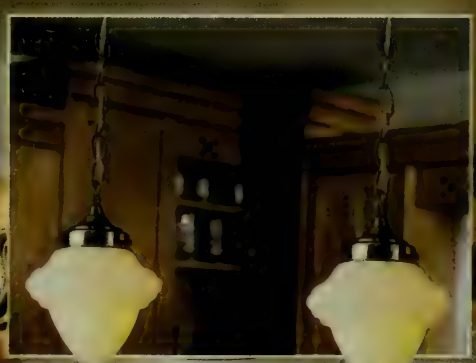
Ball Finial
(553-837) $7.97



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FREE Delivery on our special order quickship products in up to 10 business days.

Lifetime Warranty on products and 100% guarantee on installation!



Brushed Nickel Stem-Hung Mini Pendant
Contemporary stem-hung pendant, with an etched glass cone, supporting a heavy curved clear glass shade. Canopy adjusts to sloped ceilings up to 45° with a 358° rotation. 12" diameter, 7 5/8" height and 62" length
P5011-09 (667-496) ..... **$59.92** Ea.

One Light Nickel Chain Mini Pendant
Brushed nickel finish. Etched opal acorn glass. 6" W x 9 1/2" H. Uses one medium basebulb, not included.
07000 (449-404) ..... **$24.97** Ea.

Decorate with Mini Pendants

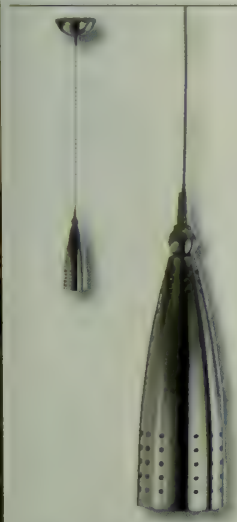
Pendants provide versatile chain-hung or stem-hung fashions for lighting intimate dining areas, kitchen tables and breakfast nooks. Scavo, opal, and colored glass with polished brass or satin nickel finishes are among the many designs.



One Light Polished Brass Mini Pendant
Comes complete with canopy for single fixture mounting. 8 1/2" W x 7 3/4" H. Light kit includes opal white glass.
P5088-10 (384-908)..... **$19.96** Ea.



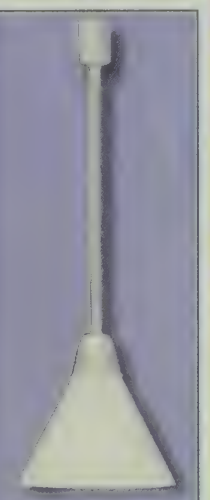
One Light Cheryl® Blown Glass Mini Pendant
Satin nickel finish with satin nickel accents. Choose from amber or white blown glass. Uses 100-watt medium base bulb, not included.
PN-1CHR-8N
(618-379,618-973)..... **$39.57** Ea.



One Light Mya® Satin Nickel Mini Pendant
Satin nickel finish. Kit includes 60-watt electronic transformer. Halogen bulb included.
PN-1MYA-S5 (619-869)..... **$29.96** Ea.



One Light Nutmeg Mini Pendant
Scavo glass. 7" W x 8" H. Uses one medium base bulb, not included.
07396 (672-896)..... **$29.86** Ea.



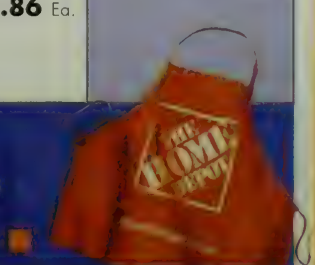
7" Adjustable Track Lighting Mini Pendant
White frosted cone glass. Use with G-25 globe or A19 100-watt max bulb.
EC054WH
(761-110).... **$19.96**



6.8" Adjustable Track Lighting Mini Pendant
Frosted glass dome. Use with G-25 globe or A19 100-watt max bulb.
EC048WH
(730-949).... **$19.96**

Design Tips
Groupings of mini-pendants should be spaced 18" to 24" apart for visual balance and to create a uniformly lit surface.

When used with a matching chandelier, mini-pendants provide a pleasing transition between rooms.



*Bulbs sold separately, unless otherwise indicated.





Hampton Bay 52" Bali

Antique styling and modern efficiency combine to create a fashion forward fan. Nutmeg finish with natural walnut blades combined with an etched marble glass light kit and integrated up-lighting illuminates any décor. Hand-held remote controls independent up and down lighting. Includes 3-40 watt and 6-15 watt candelabra bulbs. Lifetime warranty.

04581 (754-332) $149.00

More People Choose Hampton Bay™ Than Any Other Ceiling Fan

The Home Depot offers a wide selection of ceiling fans that will complement your décor and also express your individual style.



Hampton Bay 54" Windward II™
Contemporary white with white styling
Aero-dynamic blades that move 40% more air
than standard blades. Saves 75% in energy costs.
Energy-saving dimmable fluorescent light fixture
includes bulb. Thermostatic remote control. Also
available in brushed steel with black blades
Lifetime warranty.
(523-342, 523-127) $198.00



Hampton Bay 52" Pompeii
Finished in silver and gold with weathered
pine blades, this tasteful fan features a china
stone glass light kit with independent up
and down light control from a remote. Includes
3-40 watt and 6-15 watt candelabra bulbs.
Lifetime warranty.
(836-374) $149.00



Hunter 52" Vista Nickel
Simple, elegant lines make a strong statement
with brushed nickel finish and reversible maple
or cherry blades. Swirled "milk glass" light bowl.
Lifetime warranty.
(728-901) $129.97



Hampton Bay 52" Maplewood Brick
Inviting and warm maple finish with greystone
accents. Stained maple blades complement
the decorative scavo bowl light kit.
Lifetime warranty.
(476-317) $139.00



Hampton Bay 52" Cameron II Plus
Clean, classic style for almost any room.
Golden baroque finish with reversible rosewood
or bleached oak blades. Three-light Pembroke
Collection light kit by Progress Lighting®.
Lifetime warranty.
(266-028) $99.97



Hampton Bay 52" Redington III
Patented Quick Connect Installation System® and
seven-way remote control make this antique brass
fan with reversible medium oak or walnut blades
a great choice. Four-light glass light kit. Also
available in white and white with polished brass.
Lifetime warranty.
(523-974,523-971,524-606) $119.00
Brushed steel (523-905) $129.00

Quality and Performance
Powerful motors.
Built to last
lifetime.

Styling
Extensive selection of
styles and finishes to
complement any decor.

Warranty and Service
All Hampton Bay
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Swimming in Scenery

A rectangular, concrete pool doesn't always square with its surroundings. But this pair of pools delivers splashy fun without detracting from the landscape. One blends in with lush gardens, the other perches on a coastal bluff.



The Kitchen as Art

Modern cabinets, curvy countertops, and a reworked floor plan give a California kitchen an artistic new spin. Plus, see how to flood a kitchen with sunshine.



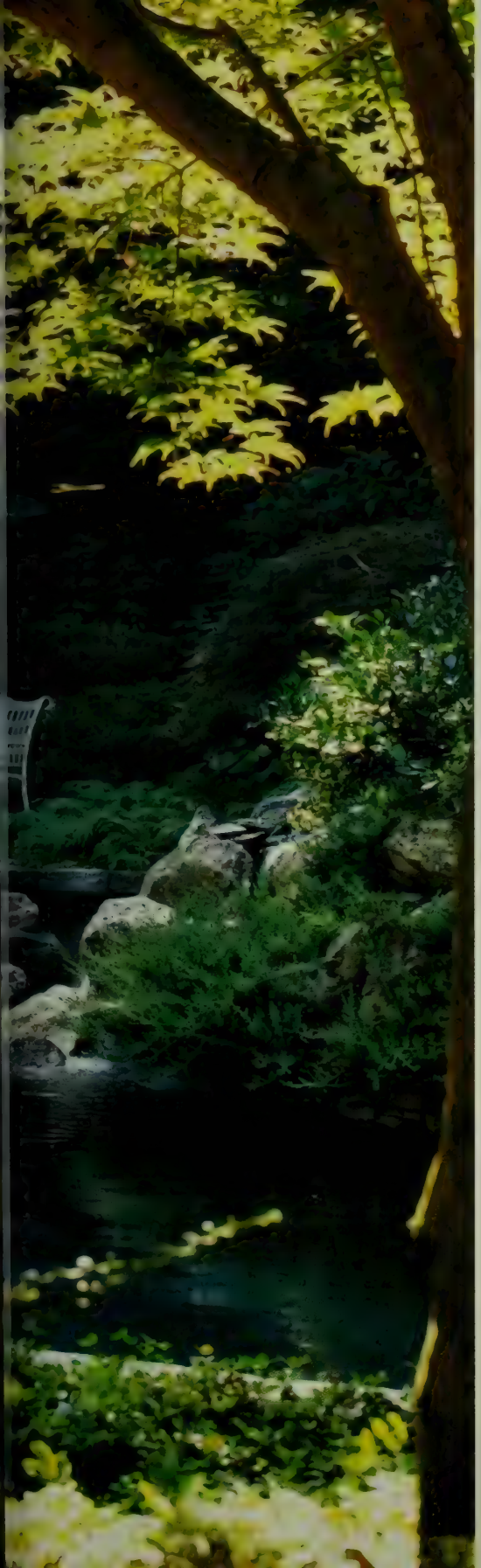
Ahhh Spa

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Woodland Retreat



A rocky point, a quiet cove, a boulder for sunbathing—this pool is everything you would want in a secluded lake. Plus, there's a patio for entertaining.



by Dan Weeks

"We transformed a forestlike backyard into an oasis," says Ron Giannamore, who designed this natural-looking, free-form pool. His goal was to make the entire setting seem as if it had always been there. The existing woodland was enhanced with rocks, additional plants, and a waterfall. Shimmering at the center of it all is a pool and spa that are enjoyed by the homeowners and their family.

Giannamore's design shows that a pool—potentially the most intrusive of landscaping elements—can be integrated into natural terrain. This isn't design that imposes right-angle lines. Instead, the process starts with the rises and dips of the existing landscape, which suggest the shape of the pool. Lavish use is made of natural and simulated-natural materials, and special attention is paid to spots where water and landscape meet.

Plants are allowed to spill over the pool's edge, further suggesting that the "pond" has been here all along. The atmosphere evokes a rich botanical garden with nooks for napping and meditating, a poolside patio for dining and entertaining, and pea-gravel paths that meander through the foliage.

continued on page Z4

PHOTOGRAPHS: TOM MCWILLIAM. BUILDER/DESIGNER: RON GIANNAMORE, AQUA POOLS. LANDSCAPE ARCHITECT: GLEDHILL NURSERY. REGIONAL CONTRIBUTOR: KARIN LIDBECK

continued from page Z2



A pool's design and placement are critical, but ultimately it is the choice of pool and plant materials that make it a success. Here, a boulder interrupts the native granite edging, as though the pool was built around the rock. The pool itself, along with the 17-jet spa, is made of gunite—sprayed concrete—but finished with a blue-gray pebble texture that's reminiscent of a gravel streambed. Vegetation tumbles down gentle slopes to the pool's edge, the effect a result of Giannamore's collaboration with the project's landscape architect.

continued on page Z6

Hand-split granite was cut and pieced on site to create the flowing lines of the pool and spa. The use of native materials allow the man-made features to blend with their natural surrounds.



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continued from page Z4



One of the project's most natural-looking elements was actually the most carefully engineered: the waterfall. As with the rest of the project, it started with a sketch. Then, a concrete armature was constructed to support layers of rocks and boulders, which were painstakingly positioned by hand. Some of the rocks were then grooved and channeled, replicating centuries of erosion, to direct the water. Remote-controlled valves regulate the flow, so the cascade can be dramatically frothy or serenely soothing.

continued on page Z8

By placing rocks just so, the waterfall's flow was "tuned" to sound as enchanting as it looks. The pool's pebble-finished gunite bottom complements the backyard's pea gravel paths.



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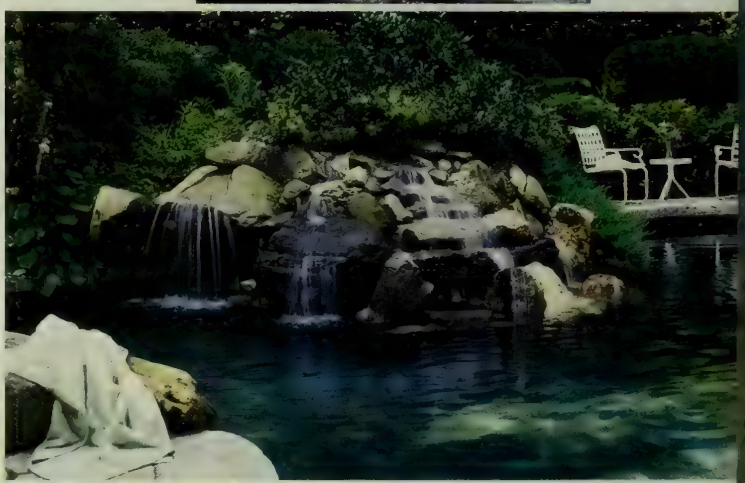
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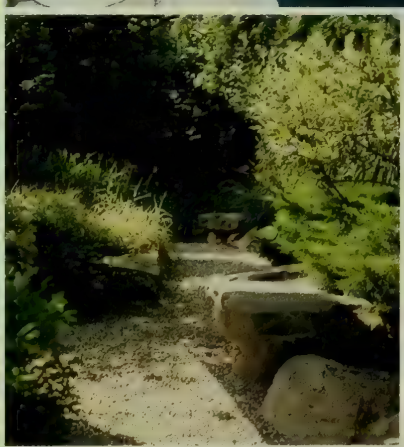


The waterfall (*right*) is fun to play in too. One boulder serves as an underwater seat, another as a place to set down a drink or goggles while resting from a swim.

Paths around the pool (*below*) offer views to visitors. They also create an opening in the woods, allowing shafts of light to penetrate the tree cover. This lets lilies and other light-loving plants grow along the paths. Light and shadow also play on the pool itself (*right*), causing the surface to sparkle and the pebble-finished bottom to shimmer.







Pathside boulders (*left*) serve as benches where visitors can pause and enjoy the lush woodland that surrounds the pool.

Paths wander around and behind the pool to add depth to the landscape, and to give visitors a tour of the woodland. With their pea-gravel base, meandering route, and boulder-strewn edges, the paths recall the sensation of walking down a dry creek. Combined with the distant rushing of the waterfall, the walkways bring a subtle reminder of water into the surrounding gardens.

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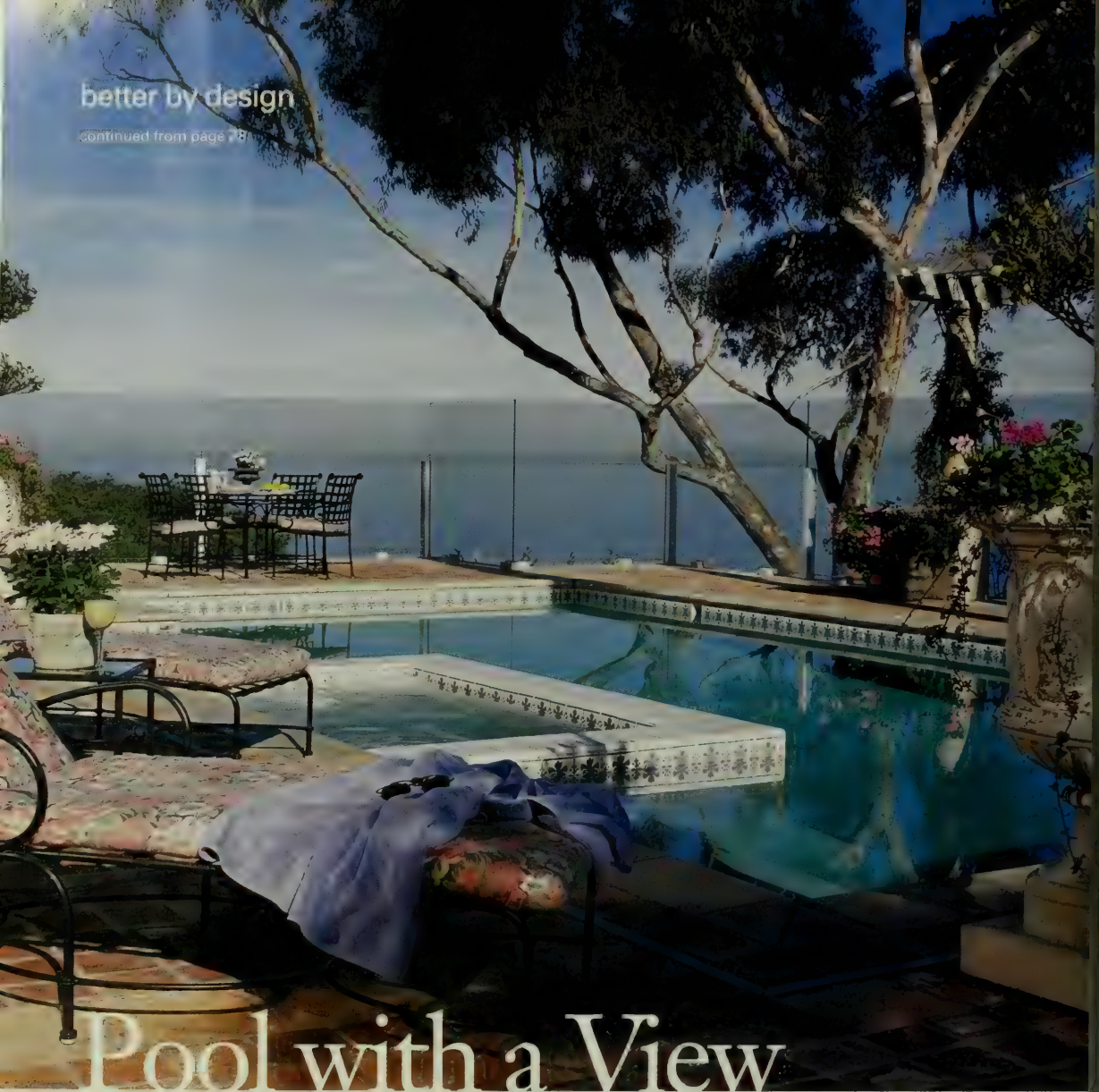
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Pool with a View

by Dan Weeks

When you've got a formal house and a drop-dead gorgeous view, what do you do for a pool and spa? A simple rectangle? Too pedestrian. A free-form shape? Too casual. Landscape designer Todd Fry met the challenge with a rectangle-within-a-rectangle design that's unconventional, yet pleasingly formal and perfectly suited to this spectacular La Jolla, California, bluff.

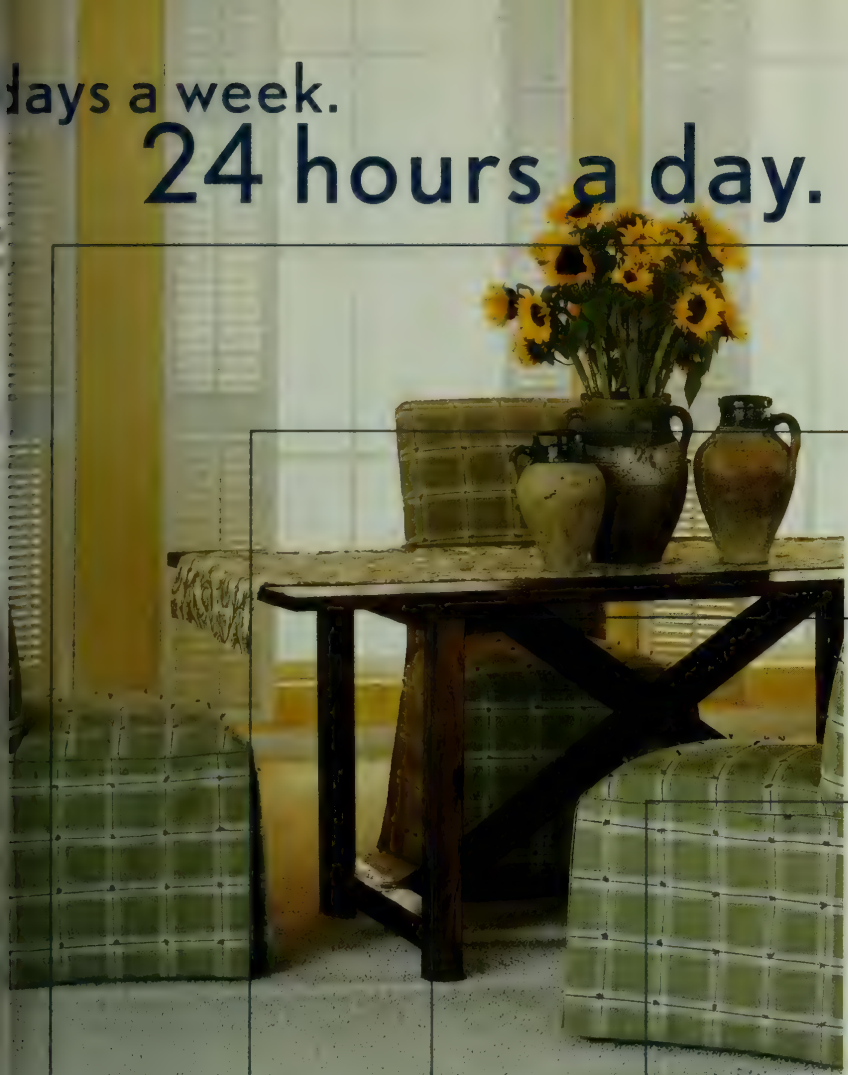
The result is a wonderful spot for enjoying one of the best views on the Pacific Coast—and a fitting complement to the vintage home it serves.

Seemingly floating in air, this pool on a bluff overlooking the Pacific Ocean combines clean lines and formal symmetry with elegant appointments. Urns, topiaries, and tile add to the ambience.

continued on page Z14

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continued from page Z12



Working with a local contractor, Fry first built a 12-foot-high retaining wall, then added compacted fill to create a level site for the patio and pool. Fry edged the pool in limestone, and incorporated what he calls "carpets"—patterns made with varied sizes of limestone and terra-cotta tiles—around the pool deck. "The homeowners needed lots of space in which to entertain," he explains. "But with an expanse this large, I wanted to break it up to look like different rooms."

As with the pool, the spa is edged with imported blue-and-white fleur-de-lis tiles. Steps frame the spa on both sides, allowing maximum space to swim laps.

continued on page Z16

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continued from page Z14





Limestone alternates with terra-cotta squares (*above*) to create carpet-like patterns in the patio. The terra-cotta tiles were salvaged from old French barns and châteaus.

The patio is wrapped in sheets of solid glass (*left*) that make the most of views while offering protection from wind. Light furniture was chosen to keep views open.

The shear 12-foot drop at the patio's edge required an imaginative fence for safety. To make the most of the spectacular view, Fry used solid sheets of one-inch-thick glass. The sheets are raised slightly above the patio surface, allowing the tiles to be hosed off for easy cleaning. The glass has proven to be an ideal solution, he says. It lets in light as well as views, protects bathers from chilling sea breezes, and mutes traffic noise from the busy street below.

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continued from page Z16

Ahhh Spa



For the tiles, the Rubinsteins chose soothing, waterlike colors that also relate to trees and plantings in the yard. Opening the windows brings breezes inside, adding to the tub's fresh-a ambience.

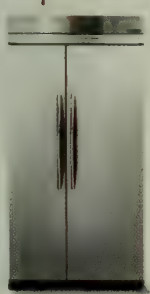
by James A. Hufnagel

Tamar and Scott Rubinstein love outdoor hot tubs, but three small children and Chicago's chilly winters prompted the couple to bring the spa into their home and make it the focal point in a master bath remodeling project. The tub almost seems to be outdoors, thanks to a pair of big casement windows that open to a deck and their wooded backyard. "The kids love this tub," Tamar says. "We have family swim parties in it. We all put our bathing suits on and pretend we're swimming. And thanks to this tub, the kids love taking baths."

continued on page Z22

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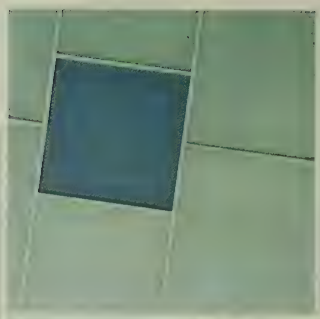
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continued from page Z20







The tub's blue and green glass-tile motif (*left*) continues from the main bath area into the spacious steam/shower room. The tiles' blue squares suggest a chair rail, in character with the couple's Victorian-era home. Moldings and sconce lights also harken back to an earlier time.

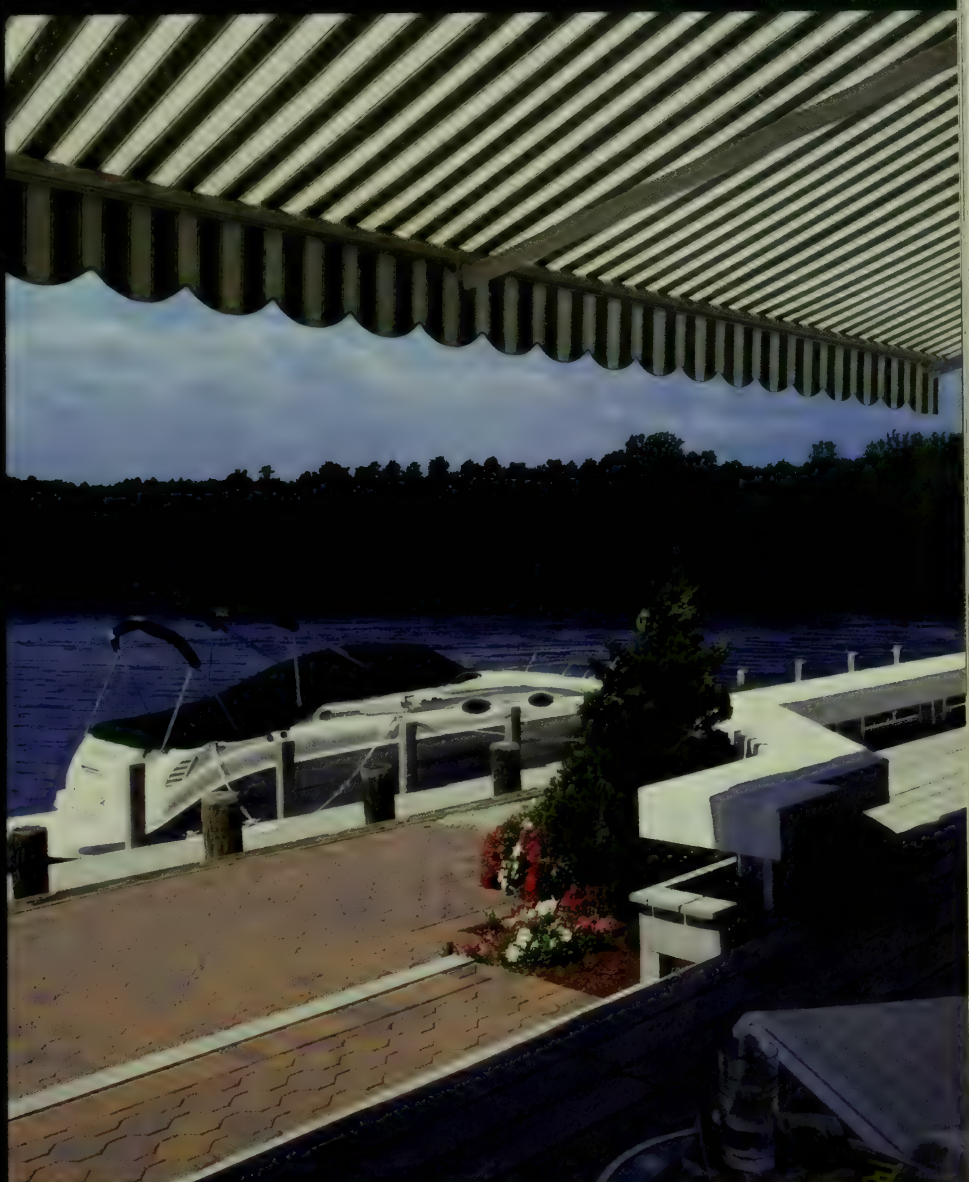
The deep blue tiles (*top*) are called "Miami Waters." A frosted glass door and windo bring light into the toilet room (*above*), without sacrificing privacy. Tamar says, "The brigh ness really adds to the spa-like feeling."

A steam/shower room adjacent to the tub features a 6-foot-long bench so Tamar and Scott can sit or stretch out. A glass door, a window, and a glass ceiling with skylights flood the compartment with light, so this area fits with the friendly environment in the rest of the bath. Architect Fred Wilson placed the toilet and bidet in a private, separate space that's also topped with a skylight.

continued on page Z24

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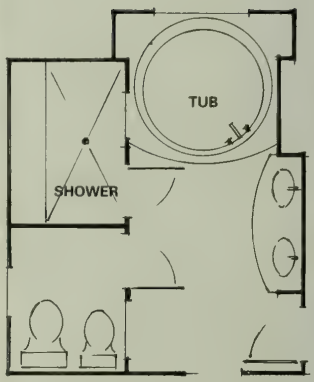
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continued from page Z22





Tall mirrors, clear basins, and a curved-edge top that resembles a living room coffee table make the vanity (*left*) a glass act. Glass tiles and gleaming fittings add to the reflective qualities.

A second set of showerheads an controls at the other end of the shower room (*below*) lets two shower togethe Scott says the sunflower-sized showerheads "really get you good and wet."



Spun-glass lavatory bowls, a plate-glass vanity, and a pair of large mirrors keep the small space gleaming. Tamar and Scott are both tall, so the architect planned the tops of the sinks at 39 inches off the floor. This is a smart tactic for anyone who has grown weary of leaning down—it can be more like crouching—to reach the basin.

Wall-mounted faucets projecting through mirrors seem to hover above the sculpted glass sink bowls. Shelf niches in the wall opposite the vanity hold linens and lotions.

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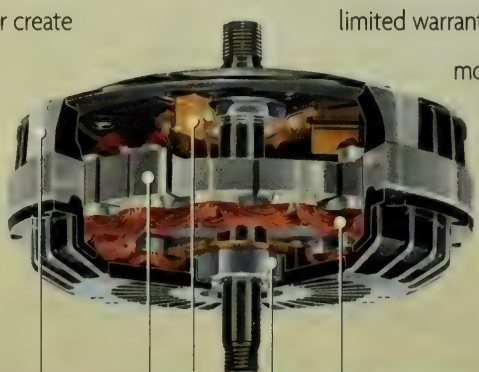
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The Kitchen as Art

by Laura O'Neil

Clean, sensible architecture and contemporary art were the driving forces behind interior designer Laura Birns' remodeling plan for this San Diego kitchen. The artistic yet functional approach plays out most noticeably in the blue cabinets. They contrast with the neutral slate countertops, marble trim, and stainless steel appliances—yet also boast a durable, easy-to-clean polyester finish. The ribbed-glass cabinet fronts provide stylish and practical benefits as well. They add a textured look to the cabinet scheme while still concealing contents.

continued on page Z30

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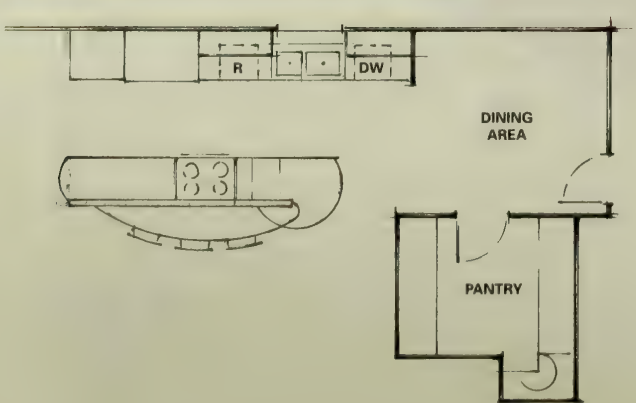
A ¾-inch-thick tempered-glass eating counter is suspended above the circular slate countertop (*below*), thanks to a channel in the marble-slab backsplash that holds it in place. Brackets made of bronze and steel (*right*) also help support the glass. The design provides plenty of legroom to pull up the leather-and-maple custom stools, which were made to match the cabinets.



The kitchen's new layout also combines artistic and practical qualities. Birns created a social hub for the home by opening the kitchen up to the dining and living rooms. She then removed heavy oak cabinetry and other busy details, replacing them with a sculptural island and a single wall of clean-lined cabinets. "Now the space is allowed to breathe," Birns says.

The more spacious design (see plan, *below*) was put to the test when the homeowners hosted a Rosh Hashanah dinner shortly after the remodeling. "The whole house became the kitchen," the homeowner says. "Whether involved with cooking, talking, relaxing, or just tasting the gravy, everyone was occupied with something and enjoying the togetherness."

continued on page Z3





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better by design

continued from page Z30

Features on the cooktop side of the kitchen include areas for food preparation and storage. Close at hand are wide, deep cookware drawers and a 24-inch-square slab of butcher block. But the star is the high-performance stainless steel cooktop. This is party central.



The backsplash behind the island cooktop (*right*) measures 20 inches high and hides any mess made while cooking.







tainless steel ames hold bbed-glass abinet fronts in lace. The glass atures an paque finish to elp obscure any mbled interior ontents. On the nk wall, the versized upper cabinets (*above*) are 56 inches high. Drawers near the stovetop (*right*) are smaller and provide the cook with easy access to utensils.

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continued from page Z33



Sunlit Kitchen

by James A. Hufnagel

Like a delicate flower, this east-facing kitchen opens wid each morning with the first rays of sunlight—thanks t an arched window that measures more than 6 feet wid and 4½ feet high above the sink. The window opens th floodgates to natural light for this remodeled kitche and provides the homeowner with a view of her cherishe outside garden. The inside window ledge has eve become a garden. Here, herbs thrive right up until th moment they are clipped and popped into a salad o saucepan. All that sunlight also brightens tiger map cabinetry and shiny granite countertops.

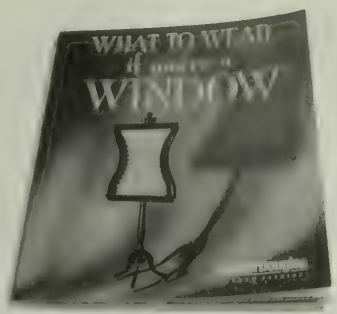
The kitchen is located in a historic ıome, which begged for classic ïurnishings. "This kitchen crosses he line between clean contemporary ınd historic architecture," says ɔroject cabinetmaker David T. Smith. Cincinnati architect Dennis Cronin designed the room, including hat sunny window.

The key to enlarging a window in n older home is to carefully match ıew with old. Here a trio of six-pane ashes look as if they were elements f the original period design. ⌂



ght from the sun-welcoming window ounces off a white-painted, wooden ngue-and-groove ceiling that's faithful the home's heritage.

Buying information, page Z36



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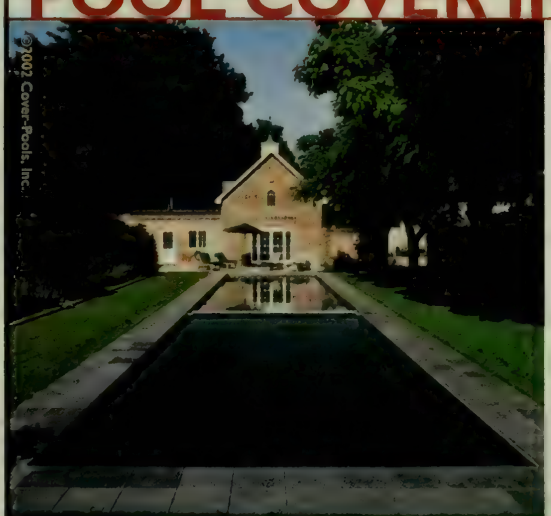
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better by design

buying guide

Some of the products shown editorially in the Better by Design section of *Better Homes and Gardens*® magazine can be obtained locally. For more information, contact the manufacturers listed below.

Pool with a View

Pages Z12–Z16: tile—Country Floors, 15 E. 16th St., New York, NY 10003; 310/657-0510. **Furniture with a wrought-iron look,** "Venetian"—Brown Jordan; 800/743-4252; www.brownjordan.com.

Ahhh Spa

Page Z20: sconces—Restoration Hardware; 888/2439720; www.restoration-hardware.com. **Windows,** Clad White—Kolbe & Kolbe Millwork Co., Inc.; 800/955-8177; www.kolbe-kolbe.com. **Tub, fixtures,** "River Bath"—Kohler Co.; 800/456-4537; www.kohlerco.com.

Page Z22 (*top right*): glass tile—Ann Sacks Tile & Stone; 800/278-8453; or visit www.annsacks.com. **(*Center right*): sand-blasted glass door**—Shot Glass & Mirror, 226 Woodland Dr., Mount Prospect, IL 60056; 847/298-8524. **Toilet and bidet**—Toto Kiki USA, Inc.; 800/350-8686; www.totousa.com. **(*Left*): shower door**—Shot Glass & Mirror (address above). **Floor,** Mattefield 6x6 (White)—Century Tile, 747 E. Roosevelt Rd., Lombard, IL 60148-4791; 630/495-2300.

Page Z24 (*top left*): mirrors—Shot Glass & Mirror (address above). **Glass vanity,** La Cava—Consumer's Supply, 1110 W. Lake St., Chicago, IL 60607; 312/666-6080. **Fixtures, sinks,** "Vessels Spun Glass Lavatory"—Kohler Co.; 800/456-4537; www.kohlerco.com. **(*Left*): shower fixtures**—Grohe America, Inc.; 630/582-7711; www.groheamerica.com.

The Kitchen as Art

Page Z28: custom cabinets; glass counter—Laura Birns Design; 858/259-0750. **Lighting**—Tech Lighting; 800/522-5315; www.techlighting.com. **Microwave,** R-5 Series—Sharp Electronics Corp.; 800/237-4277; www.sharp-usa.com. **Hardware**—Hafele America Co.; 800/334-1873. **Sink,** PSX-110-13, (Brushed Stainless)—Franke Kitchen Systems Division; 800/626-5771. **Faucet,** Europlus II (Nickel)—Grohe America, Inc., 630/582-7711. **Countertops**—Florentine Co.; 619/298-6143. **Trash compactor,** VUC 18 inch; **30-inch double oven**—Viking Range Corp.; 888/845-4641; www.vikingrange.com. **Custom barstools**—Laura Birns Design; 858/259-0750.

Page Z30: 48-inch refrigerator—SubZero; for a dealer call 800/222-7820; Web site www.subzero.com. **Countertops**—Florentine Co.; 619/298-6143. **Glass counter**—Laura Birns Design; 858/259-0750.

Page Z32: 36-inch cooktop, VGRT, 6-burner, stainless steel—Viking Range Corp.; 888/845-4641; www.vikingrange.com.

Sunlit Kitchen

Page Z34: window—Pella Corp., 102 Main St., Pella, IA 50219; 800/847-3552; www.pella.com. **Granite counters**—P&M Marble & Granite, 1126 Old State Rd. 74, Batavia, OH 45013; 513/753-9399. **Canisters**—Sturbridge Yankee Workshop Catalog; 800/343-1144; Web site www.sturbridgeyankee.com. **Custom-mix wall paint**—Benjamin Moore; 800/826-2623; www.benjaminmoore.com.

Page Z35: rug—Sturbridge Yankee Workshop Catalog; 800/343-1144; Web site www.sturbridgeyankee.com. **Range**—Dacor, 950 S. Raymond Ave., Pasadina, CA 91105; 800/793-0093; www.dacor.com.

architects & designers

Woodland Retreat

Pages Z2–Z8: landscape architect—Gledhill Nursery, 660 Mountain Rd., West Hartford, CT 06117; 860/233-5692. **Pool builder/designer**—Aqua Pools, 53 Newberry Rd., East Windsor, CT 06096; 860/623-9889; www.aquapool.com.

Pool with a View

Pages Z12–Z16: landscape architect—Todd Fry, 7920 Princess St., LaJolla, CA 92037; 858/459-8005. **Contractor**—F.H. Bennett III, Architect, Dewhurst & Assoc., 7541 Girard Ave., La Jolla, CA 92037; 858/456-5345. **Interior designer**—Constance Noah, 201 Soledad Ave., LaJolla, CA 92037; 858/459-7051. **Tile setter**—Design in Tile, 1456 Ranch Trail Dr., El Cajon, CA 92021; 619/390-8552.

Ahhh Spa

Pages Z20–Z24: architect—Fred Wilson, Elissa Morgante, Morgante Wilson Architects, Ltd., 3813 N. Ravenwood, Chicago, IL 60613; 773/528-1001. **Project managers**—Timothy Schwarz, Mark Lunardini, Morgante Wilson Architects, Ltd. (address above).

The Kitchen as Art

Pages Z28–Z33: interior designer—Laura Birns Designs, P.O. Box 812, Del Mar, CA 92014; 858/259-0750. **General contractor**—Clyde Goodwin, Goodwin Construction; 858/755-3522.

Sunlit Kitchen

Pages Z34–Z35: architect—Dennis Cronin, ATA Architects, 2 Garfield Pl., Cincinnati, OH 45202; 513/241-4422. **Kitchen designer**—David T. Smith, Workshop of David T. Smith; 3600 Shawhan Rd., Morrow, OH 45152; 513/932-2472.


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No-Mess Media Storage

ncorporating a home entertainment system nto a neat-and-tidy decorating scheme requires lanning—especially since along with it comes ll the assorted paraphernalia, such as videotapes nd CDs. And when the media room happens to e in the middle of the home and in view of every uest who enters, keeping the mess at ay is even more critical.

The owners of this home turned a ttle-used dining room, located just ff the foyer, into a family room. As ey redesigned the room, one caveat as that the room had to have a rmal—not a rumpus-room—look.

The entertainment center covers ne wall in the family room. Built-in nits with doors were designed to rovide perfect-fit storage for CDs, ideotapes, and board games. The V cupboard is decked out with oors that slide forward and close to ide the screen when it's not in use. pen storage cubbies at the top of the nter provide a formal symmetry nd the opportunity to display mily collectibles.

Painted the same color as the walls, ne media center blends into the ackground, keeping the unit from verpowering the room. Its simple t striking trim continues on into ne curve above the doorway—nnecting the family room with the yer in one graceful sweep.

Videos (*below*) fit spines-up into drawers for easy reading of labels. Games and CDs are stacked in the deep and narrow cupboards.



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floor shows



Brighten a dull porch floor, add interest to gray decking, and give a cement patio exotic flavor. These decorative treatments use paints and stains made to withstand the elements.



Fabric rugs don't fare well outdoors, even on a covered porch. Create a lasting effect by painting a rug directly onto the wood. To prepare the surface, pound in any raised nails, fill holes with wood filler, and sand. Prime, then paint with a base coat of enamel floor paint. Mark your design in pencil. Inspired by a Shaker quilt, this rug has 8-inch-wide bars of alternating color in the center, a 2-inch-wide band around the bars, a 10-inch-wide outside border, and a 1-inch-wide frame. Squares of contrasting color form the corners of the two inner borders. Starting at the center, tape off each section of one color with painter's tape. Seal the tape with the edge of an old credit card. Paint each section with enamel floor paint, and let dry. Add a second coat. After that dries, move to the next color. (Note: For best results, paint on moderately warm days with low humidity; follow the manufacturer's weather recommendations.)

continued on page 9

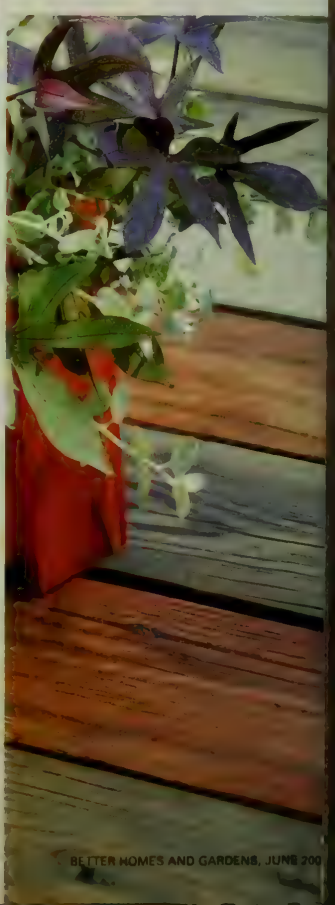

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continued from page 94



Tinted deck sealers give permanent color to exterior woods that have never been sealed. Apply several colors for a striped effect, covering the entire deck or leaving some parts untreated.

continued on page 98



Enliven the dull gray planes of a weather-beaten deck by adding subtle, colorful stripes. Tinted deck sealers that contain a waterproofing element allow you to stain and seal in one step. Pound in any raised nails and sand rough areas. Scrub with deck cleaner and mildew remover; older decks may need to be cleaned twice. Rinse and let dry. Spray the wood with water, and scrub with a mixture of one part deck brightener (also called deck conditioner) to three parts water. Rinse and let dry. Determine stripe design. To prevent bleeding, place cardboard on either side of each plank while brushing on the stain. All the stripes of one color may be done at the same time to speed up the process. After the stain dries, apply clear deck sealer to the entire deck to enhance the colors and seal any unstained areas.

this isn't particularly pleasant to look at for two seconds,
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continued from page 96



siesta spot

To create an aged effect, blot the wet paint with crumpled newspaper. Also, use a darker terra-cotta shade at the edges of the large squares, blending with a lighter shade in the center.

Buying information, page 281

For more floor designs, see www.bhg.com/deckfloors



A plain concrete slab looks like Mexican tile when painted in south-of-the-border colors. Check paint stores and home improvement centers for cleaner, etching solution, and paints made specifically for concrete floors. According to the manufacturer's directions, clean and etch the concrete so the paint will adhere well. Paint the entire floor with the tan "grout" color. Using 1-inch-wide painter's tape, divide the floor into large squares. (Ours are 14 inches.) At each intersection, place a 3-inch-square notepaper on the diagonal. Tape around the notepaper, then remove the paper and tape within the diamond. Paint the diamond with turquoise concrete paint. Paint the large squares, blending two shades of terra-cotta concrete paint. Remove the tape. Let the paint dry and cure completely.




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nutrients in front of me at every meal.
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got milk?
ANDRE AGASSI WITH HIS MOM ELIZABETH ©2002 AMERICA'S DAIRY FARMERS AND MILK PROCESSORS

shelves

For many of us, what used to be **display space** has, over time, turned into a convenient spot for **stashing stuff** before dashing off again. If your cluttered shelves are spilling over, these shelf-help tips can bring them back **into focus.**



Bookcase

lesson 1
Grouping items as light or dark makes shelves more consistent.

lesson 2
Horizontal stacks of large books visually ground the shelf and are restful to the eye. The stack can be used as a base for accessories, adding height where it's needed.

lesson 3
Create a focal point for each shelf by packing away smaller items and replacing them with fewer, bigger accessories. Notice how these larger accessories are staggered left to right throughout the bookcase, creating an interesting visual rhythm for the eye to follow.

lesson 4
Less-attractive paperbacks are confined to decorative baskets. On each shelf, leave a little empty space where the eye can rest.

lesson 5
Confining layered picture frames to one shelf looks less cluttered.

continued on page 102



If you're going to have a cookie, have a cookie.



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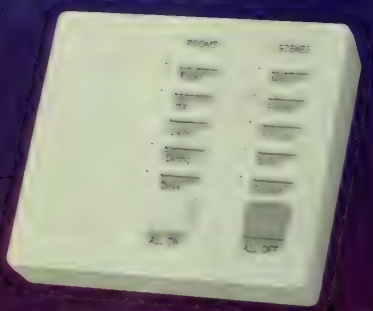
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shelves continued from page 100

Create a **successful** arrangement in three easy steps. If you have a bookcase or cabinet with **multiple shelves**, follow these steps for each one, making sure to stagger visually weighty **items** so they're not aligned from shelf to shelf.



Step-by-Step Arranging Techniques

1. Start with weight. Lay a foundation by placing two visually weighty items at each end of the shelf. Objects look "heavy" if they're big, colorful, dark, patterned, or have an unusual shape. The curvy architectural fragment balances the low, dark book.

2. Add height and color. Tall objects give an arrangement dynamic movement. Shots of color add interest: The light green vase repeats the bowl color, and the dark green vase offsets the dark book.

3. Finish with filler. Small items bridge the big objects. A stack of wooden bowls meld together to act as a solitary item. Berry balls add color and texture, while the finial adds shape.

continued on page 104

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continued from page 102

AFTER



China Cabinet

lesson 1
Adhering to a strict overall theme (here, white and silver tableware) brings harmony to cramped display space.

lesson 2
A line of repeating silver liqueur cups adds rhythm; placing the row off-center keeps it from looking too predictable.

lesson 3
The arrangement on the spacious middle shelf forms the focal point. A large platter connects a shapely vase and tea set into a cohesive unit, and the pretty painted flowers pull your eye in through the layers.

lesson 4
The shelves surrounding the focal point are filled with more restful arrangements—either singular items or horizontal stacks.

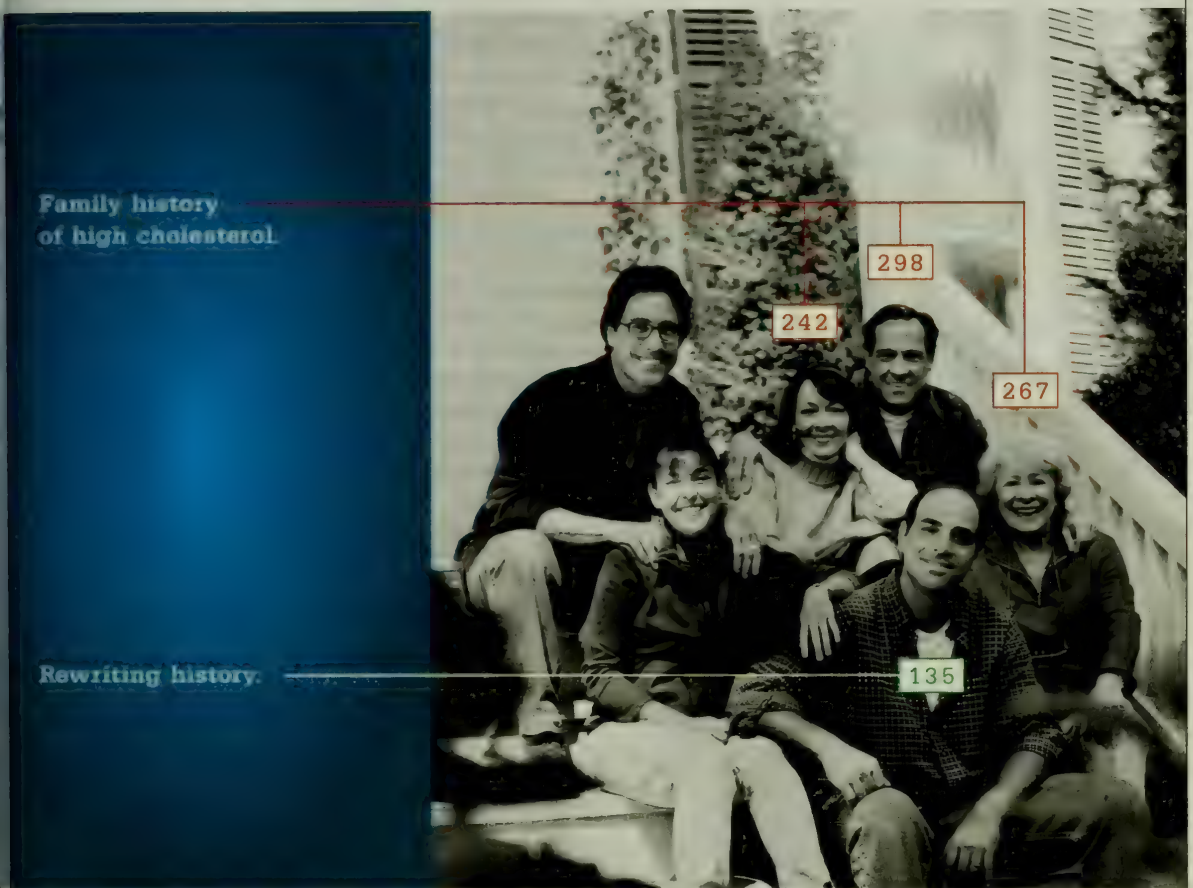
lesson 5
Stacking teacups on saucers, instead of in each other, maintains neat, horizontal lines.

BEFOR



This "before" cabinet (*right*) breaks a cardinal rule: Open shelving and glass-front cabinets are for display—not storage. Jam-packed with disparate dishware, linens, and figurines, the cabinet lacks a focal point. Careful editing (*above*) calls attention to only the most attractive items.

Buying information, page 28



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Please see additional important information on next page.

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CONTRAINDICATIONS: Active liver disease or unexplained persistent elevations of serum transaminases. Hypersensitivity to any component of this medication. **Pregnancy and Lactation** — Atherosclerosis is a chronic process and discontinuation of lipid-lowering drugs during pregnancy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential components for fetal development (including synthesis of steroids and cell membranes). Since HMG-CoA reductase inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in nursing mothers. ATORVASTATIN SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEIVE AND HAVE BEEN INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

WARNINGS: Liver Dysfunction — HMG-CoA reductase inhibitors, like some other lipid-lowering therapies, have been associated with biochemical abnormalities of liver function. **Persistent elevations (>3 times the upper limit of normal [ULN] occurring on 2 or more occasions) in serum transaminases occurred in 0.7% of patients who received atorvastatin in clinical trials. The incidence of these abnormalities was 0.2%, 0.2%, 0.6%, and 2.3% for 10, 20, 40, and 80 mg, respectively.** One patient in clinical trials developed jaundice. Increases in liver function tests (LFT) in other patients were not associated with jaundice or other clinical signs or symptoms. Upon dose reduction, drug interruption, or discontinuation, transaminase levels returned to or near pretreatment levels without sequelae. Eighteen of 30 patients with persistent LFT elevations continued treatment with a reduced dose of atorvastatin. **It is recommended that liver function tests be performed prior to and at 12 weeks following both the initiation of therapy and any elevation of dose, and periodically (eg, semiannually) thereafter.** Liver enzyme changes generally occur in the first 3 months of treatment with atorvastatin. Patients who develop increased transaminase levels should be monitored until the abnormalities resolve. Should an increase in ALT or AST of >3 times ULN persist, reduction of dose or withdrawal of atorvastatin is recommended. Atorvastatin should be used with caution in patients who consume substantial quantities of alcohol and/or have a history of liver disease. Active liver disease or unexplained persistent transaminase elevations are contraindications to the use of atorvastatin (see CONTRAINDICATIONS). **Skeletal Muscle — Rhabdomyolysis with acute renal failure secondary to myoglobinuria has been reported with other drugs in this class.** Uncomplicated myalgia has been reported in atorvastatin-treated patients (see ADVERSE REACTIONS). Myopathy, defined as muscle aches or muscle weakness in conjunction with increases in creatine phosphokinase (CPK) values >10 times ULN, should be considered in any patient with diffuse myalgias, muscle tenderness or weakness, and/or marked elevation of CPK. Patients should be advised to report promptly unexplained muscle pain, tenderness or weakness, particularly if accompanied by malaise or fever. Atorvastatin therapy should be discontinued if markedly elevated CPK levels occur or myopathy is diagnosed or suspected. The risk of myopathy during treatment with other drugs in this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, erythromycin, niacin, or azole antifungals. Physicians considering combined therapy with atorvastatin and fibric acid derivatives, erythromycin, immunosuppressive drugs, azole antifungals, or lipid-lowering doses of niacin should carefully weigh the potential benefits and risks and should carefully monitor patients for any signs or symptoms of muscle pain, tenderness, or weakness, particularly during the initial months of therapy and during any periods of upward dosage titration of either drug. Periodic creatine phosphokinase (CPK) determinations may be considered in such situations, but there is no assurance that such monitoring will prevent the occurrence of severe myopathy. **Atorvastatin therapy should be temporarily withheld or discontinued in any patient with an acute, serious condition suggestive of a myopathy or having a risk factor predisposing to the development of renal failure secondary to rhabdomyolysis (eg, severe acute infection, hypotension, major surgery, trauma, severe metabolic, endocrine and electrolyte disorders, and uncontrolled seizures).**

PRECAUTIONS: General — Before instituting therapy with atorvastatin, an attempt should be made to control hypercholesterolemia with appropriate diet, exercise, and weight reduction in obese patients, and to treat other underlying medical problems (see INDICATIONS AND USAGE in full prescribing information). **Information for Patients** — Patients should be advised to report promptly unexplained muscle pain, tenderness, or weakness, particularly if accompanied by malaise or fever. **Drug Interactions** — The risk of myopathy during treatment with other drugs of this class is increased with concurrent administration of cyclosporine, fibric acid derivatives, niacin (nicotinic acid), erythromycin, azole antifungals (see WARNINGS, Skeletal Muscle). ***Antacid:*** When atorvastatin and Maalox® TC suspension were coadministered, plasma concentrations of atorvastatin decreased approximately 35%. However, LDL-C reduction was not altered. ***Antipyrine:*** Because atorvastatin does not affect the pharmacokinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome isozymes are not expected. ***Colestipol:*** Plasma concentrations of atorvastatin decreased approximately 25% when colestipol and atorvastatin were coadministered. However, LDL-C reduction was greater when atorvastatin and colestipol were coadministered than when either drug was given alone. ***Cimetidine:*** Atorvastatin plasma concentrations and LDL-C reduction were not altered by coadministration of cimetidine. ***Digoxin:*** When multiple doses of atorvastatin and digoxin were coadministered, steady-state plasma digoxin concentrations increased by approximately 20%. Patients taking digoxin should be monitored appropriately. ***Erythromycin:*** In healthy individuals, plasma concentrations of atorvastatin increased approximately 40% with coadministration of atorvastatin and erythromycin, a known inhibitor of cytochrome P450 3A4 (see WARNINGS, Skeletal Muscle). ***Oral Contraceptives:*** Coadministration of atorvastatin and an oral contraceptive increased AUC values for norethindrone and ethinyl estradiol by approximately 30% and 20%. These increases should be considered when selecting an oral contraceptive for a woman taking atorvastatin. ***Warfarin:*** Atorvastatin had no clinically significant effect on prothrombin time when administered to patients receiving chronic warfarin treatment. **Endocrine Function** — HMG-CoA reductase inhibitors interfere with cholesterol synthesis and theoretically might blunt adrenal and/or gonadal steroid production. Clinical studies have shown that atorvastatin does not reduce basal plasma cortisol concentration or impair adrenal reserve. The effects of HMG-CoA reductase inhibitors on male fertility have not been studied in adequate numbers of patients. The effects, if any, on the pituitary-gonadal axis in premenopausal women are unknown. Caution should be exercised if an HMG-CoA reductase inhibitor is administered concomitantly with drugs that may decrease the levels or activity of endogenous steroid hormones, such as ketoconazole, spironolactone, and cimetidine. **CNS Toxicity** — Brain hemorrhage was seen in a female dog treated for 3 months at 120 mg/kg/day. Brain hemorrhage and optic nerve vacuolation were seen in another female dog that was sacrificed in moribund condition after 11 weeks of escalating doses up to 280 mg/kg/day. The 120 mg/kg dose resulted in a systemic exposure approximately 16 times the human plasma area-under-the-curve (AUC, 0-24 hours) based on the maximum human dose of 80 mg/day. A single tonic convulsion was seen in each of 2 male dogs (one treated at 10 mg/kg/day and one at 120 mg/kg/day) in a 2-year study. No CNS lesions have been observed in mice after chronic treatment for up to 2 years at doses up to 400 mg/kg/day or in rats at doses up to 100 mg/kg/day. These doses were 6 to 11 times (mouse) and 8 to 16 times (rat) the human AUC (0-24) based on the maximum recommended human dose of 80 mg/day. CNS vascular lesions, characterized by perivascular hemorrhages, edema, and mononuclear cell infiltration of perivascular spaces, have been observed in dogs treated with other members of this class. A chemically similar drug in this class produced optic nerve degeneration (Wallerian degeneration of retinogeniculate fibers) in clinically normal dogs in a dose-dependent fashion at a dose that produced plasma drug levels about 30 times higher than the mean drug level in humans taking the highest recommended dose. **Carcinogenesis, Mutagenesis, Impairment of Fertility** — In a 2-year carcinogenicity study in rats at dose levels of 10, 30, and 100 mg/kg/day, 2 rare tumors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg oral dose. A 2-year carcinogenicity study in mice given 100, 200, or 400 mg/kg/day resulted in a significant increase in liver adenomas in high-dose males and liver carcinomas in high-dose females. These findings occurred at plasma AUC (0-24) values of approximately 6 times the mean human plasma drug exposure after an 80 mg oral dose. *In vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with *Salmonella typhimurium* and *Escherichia coli*, the HGPRT forward mutation assay in Chinese hamster lung cells, and the chromosomal aberration assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. Studies in rats performed at doses up to 175 mg/kg (15 times the human exposure) produced no changes in fertility.

There was aplasia and aspermia in the epididymis of 2 of 10 rats treated with 100 mg/kg/day atorvastatin for 3 months (16 times the human AUC at the 80 mg dose); testis weights were significantly lower at 30 and 100 mg/kg and epididymal weight was lower at 100 mg/kg. Male rats given 100 mg/kg/day for 11 weeks prior to mating had decreased sperm motility, spermatid head concentration, and increased abnormal sperm. Atorvastatin caused no adverse effects on semen parameters or reproductive organ histopathology in dogs given doses of 10, 40, or 120 mg/kg for two years. **Pregnancy — Pregnancy Category X: See CONTRAINDICATIONS.** Safety in pregnant women has been established. Atorvastatin crosses the rat placenta and reaches a level in fetal liver equivalent to that of maternal plasma. Atorvastatin was not teratogenic in rats at doses up to 300 mg/kg/day in rabbits at doses up to 100 mg/kg/day. These doses resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface area (mg/m^2). In a study in rats given 10 or 225 mg/kg/day, from gestation day 7 through to lactation day 21 (weaning), there was decreased pup survival at birth, neonate, weaning, and maturity in pups of mothers dosed with 225 mg/kg. Body weight was decreased on days 4 and 21 in pups of mothers dosed at 100 mg/kg/day; pup weight was decreased at birth and at days 4, 21, and 91 at 225 mg/kg/day. Pup development was delayed (rotorod performance at 100 mg/kg/day and acoustic startle at 225 mg/kg/day; pinna detachment and eye opening at 225 mg/kg/day). These doses correspond to 6 times (100 mg/kg) and 22 times (225 mg/kg) the human AUC at 80 mg/day. Rare reports of congenital anomalies have been received following intrauterine exposure to HMG-CoA reductase inhibitors. There has been one report of severe congenital bony deformity, tracheo-esophageal fistula, and anal atresia (VATER association) in a baby born to a woman who took lovastatin with dextroamphetamine sulfate during the first trimester of pregnancy. LIPITOR should be administered to women of childbearing potential only when such patients are highly unlikely to conceive and have been informed of the potential hazard. If the woman becomes pregnant while taking LIPITOR, it should be discontinued and the patient advised again as to the potential hazards to the fetus. **Nursing Mothers** — Nursing rat pups had plasma and liver drug levels of 50% and 40%, respectively, of that in their mother's milk. Because the potential for adverse reactions in nursing infants, women taking LIPITOR should not breastfeed (see CONTRAINDICATIONS). **Pediatric Use** — Treatment experience in a pediatric population limited to doses of LIPITOR up to 80 mg/day for 1 year in 8 patients with homozygous FH. No clinical or biochemical abnormalities were reported in these patients. None of these patients was below 10 years of age. **Geriatric Use** — Treatment experience in adults age ≥70 years with doses of LIPITOR up to 80 mg/day has been evaluated in 221 patients. The safety and efficacy of LIPITOR in this population were similar to those of patients <70 years of age.

ADVERSE REACTIONS: LIPITOR is generally well tolerated. Adverse reactions have usually been mild and transient. In controlled clinical studies of 2,502 patients, <2% of patients were discontinued due to adverse experiences attributable to atorvastatin. The most frequent adverse events thought to be related to atorvastatin were constipation, flatulence, dyspepsia, and abdominal pain. **Common Adverse Experiences** — Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin, regardless of causality assessment, are shown in the following:

Adverse Events in Placebo-Controlled Studies (% of Patients)

BODY SYSTEM Adverse Event	Placebo N = 270	Atorvastatin 10 mg N = 863	Atorvastatin 20 mg N = 36	Atorvastatin 40 mg N = 79	Ator 8 N
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	
Headache	7.0	5.4	16.7	2.5	
Accidental Injury	3.7	4.2	0.0	1.3	
Flu Syndrome	1.9	2.2	0.0	2.5	
Abdominal Pain	0.7	2.8	0.0	3.8	
Back Pain	3.0	2.8	0.0	3.8	
Allergic Reaction	2.6	0.9	2.8	1.3	
Asthenia	1.9	2.2	0.0	3.8	
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	
Diarrhea	1.5	2.7	0.0	3.8	
Dyspepsia	4.1	2.3	2.8	1.3	
Flatulence	3.3	2.1	2.8	1.3	
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	
Pharyngitis	1.5	2.5	0.0	1.3	
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	
Myalgia	1.1	3.2	5.6	1.3	

The following adverse events were reported, regardless of causality assessment in patients treated with atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the event in plain type occurred in <2% of patients.

Body as a Whole: Chest pain, face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalized edema. ***Digestive System:*** Nausea, gastroenteritis, liver function tests abnormal, colitis, belching, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundice. ***Respiratory System:*** Bronchitis, rhinitis, pneumonia, dyspnea, asthma, epistaxis. ***Nervous System:*** Insomnia, dizziness, paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hypokinesia, depression, hypesthesia, hypertonia. ***Musculoskeletal System:*** Arthritis, leg cramps, bursitis, tenosynovitis, myasthenia, tendinous contracture, myositis. ***Skin and Appendages:*** Pruritus, contact dermatitis, alopecia, dry skin, sweating, acne, urticaria, eczema, seborrhea, skin ulcer. ***Urogenital System:*** Urinary tract infection, urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary incontinence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. ***Special Senses:*** Amblyopia, tinnitus, dry eyes, refraction disorder, labyrinthitis, otorrhage, deafness, glaucoma, parosmia, taste loss, taste perversion. ***Cardiovascular System:*** Hypertension, Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. ***Metabolic and Nutritional Disorders:*** Peripheral edema, hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemia. ***Hemic and Lymphatic System:*** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia. ***Postintroduction Reports:*** Adverse events associated with LIPITOR therapy reported since market introduction, that are not listed above, regardless of causality assessment, include the following: anaphylaxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis), and rhabdomyolysis.

OVERDOSAGE: There is no specific treatment for atorvastatin overdosage. In the event of an overdose, the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

This summary provides important information about Lipitor. For more information, please ask your doctor, pharmacist or healthcare professional to provide the professional labeling and discuss it with them.

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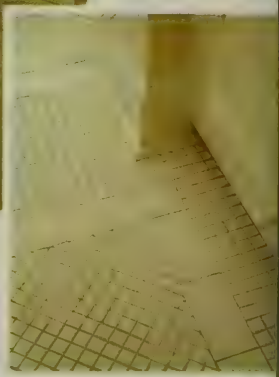
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Vintage-style tile, fixtures, lamps, and cabinetry turn this formerly plain bath into a cozy-yet-elegant guest bath (*left*). A white-on-white color scheme keeps this small space light—and lots of detail, like the flooring (*below*), makes it lively.



Making a Redo Better Than Original

Memory has a way of improving on reality. This feeling of nostalgia is what inspired the remodeling of Wilma and Bill Peterson's classic upstairs guest bath. By using period-style materials and detailing—and a lot of it—the result looks just like we might imagine the 1930s original to have been. You could say that it's more like it used to be than it actually was—an improvement that looks authentic.

Tile sets the tone. The small squares are a 1930s hallmark. But here, the theme is embellished further into a ruglike mosaic (*above right*). Small tiles are used diagonally in the room's center. They're surrounded by a border of larger tiles, and those, in turn, are framed by a grid pattern at the room's perimeter.

Beadboard is classic detailing, too, though there wasn't any in this bath before its remodel. Now this old-style board is used to add texture to a new knee wall that provides privacy without restricting light between the vanity and toilet.

Period molding is used throughout. The baseboards, for example, were custom-milled to match trim featured elsewhere in the house. This room—formerly a servant's bath—had been trimmed more plainly.

Finally, the built-in, raised-panel cabinetry finishes off the white-on-white theme carried through to the paneled wood entry door. The custom-made cabinetry provides storage space that the simple wall-hung sink in the original bathroom didn't afford.

That is what's so great about period remodeling—you can have the feel of the past. And improve on it too.



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PATIENT INFORMATION ABOUT GLUCOVANCE®

(Glyburide and Metformin HCl Tablets)

WARNING: A small number of people who have taken metformin hydrochloride have developed a serious condition called lactic acidosis. Properly functioning kidneys are needed to help prevent lactic acidosis. Most people with kidney problems should not take GLUCOVANCE. (See Question Nos. 9-13.)

Q1. Why do I need to take GLUCOVANCE?
Your doctor has prescribed GLUCOVANCE to treat your type 2 diabetes. This is also known as non-insulin-dependent diabetes mellitus.

Q2. What is type 2 diabetes?
People with diabetes are not able to make enough insulin and/or respond normally to the insulin their body does make. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems including kidney damage, amputations, and blindness. Diabetes is also closely linked to heart disease. The main goal of treating diabetes is to lower your blood sugar to a normal level.

Q3. Why is it important to control type 2 diabetes?
The main goal of treating diabetes is to lower your blood sugar to a normal level. Studies have shown that good control of blood sugar may prevent or delay complications such as heart disease, kidney disease, or blindness.

Q4. How is type 2 diabetes usually controlled?
High blood sugar can be lowered by diet and exercise, by a number of oral medications, and by insulin injections. Before taking GLUCOVANCE you should first try to control your diabetes by exercise and weight loss. Even if you are taking GLUCOVANCE, you should still exercise and follow the diet recommended for your diabetes.

Q5. Does GLUCOVANCE work differently from other glucose-control medications?
Yes it does. GLUCOVANCE combines two glucose lowering drugs, glyburide and metformin. These two drugs work together to improve the different metabolic defects found in type 2 diabetes. Glyburide lowers blood sugar primarily by causing more of the body's own insulin to be released, and metformin lowers blood sugar, in part, by helping your body use your own insulin more effectively. Together, they are efficient in helping you achieve better glucose control.

Q6. What happens if my blood sugar is still too high?
When blood sugar cannot be lowered enough by GLUCOVANCE your doctor may prescribe injectable insulin or take other measures to control your diabetes.

Q7. Can GLUCOVANCE cause side effects?
GLUCOVANCE, like all blood sugar-lowering medications, can cause side effects in some patients. Most of these side effects are minor. However, there are also serious, but rare, side effects related to GLUCOVANCE (see **Q9 - Q13**).

Q8. What are the most common side effects of GLUCOVANCE?
The most common side effects of GLUCOVANCE are normally minor ones such as diarrhea, nausea, and upset stomach. If these side effects occur, they usually occur during the first few weeks of therapy. Taking your GLUCOVANCE with meals can help reduce these side effects.

Less frequently, symptoms of hypoglycemia (low blood sugar), such as lightheadedness, dizziness, shakiness, or hunger may occur. The risk of hypoglycemic symptoms increases when meals are skipped, too much alcohol is consumed, or heavy exercise occurs without enough food. Following the advice of your doctor can help you to avoid these symptoms.

Q9. Are there any serious side effects that GLUCOVANCE can cause?
GLUCOVANCE rarely causes serious side effects. The most serious side effect that GLUCOVANCE can cause is called lactic acidosis.

Q10. What is lactic acidosis and can it happen to me?
Lactic acidosis is caused by a buildup of lactic acid in the blood. Lactic acidosis associated with metformin is rare and has occurred mostly in people whose kidneys were not working normally. Lactic acidosis has been reported in about one in 33,000 patients taking metformin over the course of a year. Although rare, if lactic acidosis does occur, it can be fatal in up to half the cases.

It's also important for your liver to be working normally when you take GLUCOVANCE. Your liver helps remove lactic acid from your bloodstream.

Your doctor will monitor your diabetes and may perform blood tests on you from time to time to make sure your kidneys and your liver are functioning normally.

There is no evidence that GLUCOVANCE (Glyburide and Metf HCl Tablets) causes harm to the kidneys or liver.

Q11. Are there other risk factors for lactic acidosis?
Your risk of developing lactic acidosis from taking GLUCOVAN very low as long as your kidneys and liver are healthy. However, factors can increase your risk because they can affect kidne liver function. You should discuss your risk with your physician

You should not take GLUCOVANCE if:

- You have chronic kidney or liver problems
- You have congestive heart failure which is treated with medica e.g., digoxin (Lanoxin®) or furosemide (Lasix®)
- You drink alcohol excessively (all the time or short-term "b drinking)
- You are seriously dehydrated (have lost a large amount of fluids)
- You are going to have certain x-ray procedures with injectable trast agents
- You are going to have surgery
- You develop a serious condition such as a heart attack, s infection, or a stroke
- You are ≥80 years of age and have NOT had your kidney fu tested

Q12. What are the symptoms of lactic acidosis?
Some of the symptoms include: feeling very weak, tired or un fortable; unusual muscle pain, trouble breathing, unusual or pected stomach discomfort, feeling cold, feeling dizzy or light ed, or suddenly developing a slow or irregular heartbeat.

If you notice these symptoms, or if your medical condition has denly changed, stop taking GLUCOVANCE tablets and call you tor right away. Lactic acidosis is a medical emergency that m treated in a hospital.

Q13. What does my doctor need to know to decrease my risk of acidosis?
Tell your doctor if you have an illness that results in severe vor diarrhea, and/or fever, or if your intake of fluids is signifi reduced. These situations can lead to severe dehydration, and be necessary to stop taking GLUCOVANCE temporarily.

You should let your doctor know if you are going to have any s or specialized x-ray procedures that require injection of co agents. GLUCOVANCE therapy will need to be stopped temp in such instances.

Q14. Can I take GLUCOVANCE with other medications?
Remind your doctor that you are taking GLUCOVANCE whe new drug is prescribed or a change is made in how you take already prescribed. GLUCOVANCE may interfere with the way drugs work and some drugs may interfere with the acti GLUCOVANCE.

Q15. What if I become pregnant while taking GLUCOVANCE?
Tell your doctor if you plan to become pregnant or have b pregnant. As with other oral glucose-control medications, you s not take GLUCOVANCE during pregnancy.

Usually your doctor will prescribe insulin while you are pregna with all medications, you and your doctor should discuss the GLUCOVANCE if you are nursing a child.

Q16. How do I take GLUCOVANCE?
Your doctor will tell you how many GLUCOVANCE tablets to ta how often. This should also be printed on the label of your pre tion. You will probably be started on a low dose of GLUCOV and your dosage will be increased gradually until your blood s controlled.

Q17. Where can I get more information about GLUCOVANCE?
This leaflet is a summary of the most important information GLUCOVANCE. If you have any questions or problems, you talk to your doctor or other healthcare provider about type 2 di as well as GLUCOVANCE and its side effects. There is also a (package insert) written for health professionals that your phar can let you read.

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you need better blood sugar control, ask your doctor about Glucovance. When diet and exercise are not enough, adding ucovance can help you lower your blood sugar better than the leading diabetes pill.* Glucovance works differently than her leading medications: it helps your body release more insulin and works, in part, by helping your body use insulin ore effectively. Glucovance works in these ways to provide powerful blood sugar control. By taking Glucovance, you ay be able to take less medication to control your blood sugar.

MPORTANT INFORMATION: GLUCOVANCE is not for everyone. In rare cases, GLUCOVANCE may cause lactic idosis (buildup of lactic acid in the blood), which is serious and can be fatal in half the cases. This occurs mainly in eople whose kidneys are not functioning properly. Tell your doctor about your alcohol use because it can affect your k. You should not take GLUCOVANCE if you: have kidney problems, are 80 or older (unless your kidneys have been sted), are taking medication for heart failure, are seriously dehydrated, have a severe infection, or if you have or ive had liver disease.

ie most common side effect is diarrhea. Symptoms of hypoglycemia (low blood sugar) such as lightheadedness, zziness, shakiness or hunger may also occur.

ease see additional important patient information on next page.

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GET aerial

Skateboarding is flying high as an American pastime. Now mainstream, it's the choice sport for many families.

by Debbe Geiger

The label "extreme sport" is outdated for skateboarding, as is the stereotype of skateboard kids—radica daredevils with multicolored hair who hang out on street corners. Now a mega sport tha attracts the whole family, skateboarding is called an alternative or action sport, with skat parks being built nationwide. Even summer camps offer weekend getaways so parents and thei kids can enjoy the sport together.

Bob Burnquist, a professional skateboarder, believes skating is as important to families toda as playing catch with dad was decades ago.

"I remember doing that with my dad," says the 25-year-old athlete, who won a gold meda at the 2001 X Games. "Those memories are so dear to me. Today, skating is so popular. I that's what kids and their parents want to do together, how cool is that?"

A native of Brazil, Burnquist became interested in skateboarding after receiving his firs skateboard for his 11th birthday. He moved to California when he was 18, and now live in Vista with his partner, Jen O'Brien, who is also a professional skateboarder, and thei 2-year-old daughter, Lotus. Their backyard features a customized skate ramp.

Burnquist likes the individual nature of the sport. "You don't have to go to second base then third base, or work with a team," he says. "It's a lot like music, which brings ou

continued on page 11


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Skateboard pros Bob Burnquist and Jen O'Brien take fun to great heights on the practice ramp built in their backyard.

Get Aerial

continued from page 112

different characters in people. I think of skateboarding as a art form too."

The sport is so popular because "it translates into creative power that you can call your own," he says.

Forced to watch from the stands at your kids' ball games? Master the skateboard. Don't just ride the bench.

Action sports as new American pastimes

In the past few years, kids—and their parents—hav gravitated to action sports, such as skateboarding, inlin skating, and wakeboarding (a water sport that is simila to skiing but involves riding a board on the wake behin a boat). The first X Games competition, held in 199 spotlighted the talents of elite athletes, showing tha alternative sports had evolved into organized activitie that attract self-disciplined competitors.

"During the first X Games, the world learned tha these athletes were not a bunch of freaky looking tattooed kids doing weird things," says Jac Wienert, who is executive director of ESPN's X Games. They were as serious about their sports a traditional athletes, he says.

Action sports certainly caught a lot of attentio at the 2002 Olympic Winter Games in Salt Lak City, with eight medals won by U.S. athletes i such nontraditional events as snowboarding an freestyle skiing.

continued on page 11


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Get Aerial

continued from page 114

Skate parks: family rec centers

High school teacher and wrestling coach Brian Bowker, 38, of Burlington, New Jersey, agrees with Burnquist. "When you skateboard, your personality really comes out," he says.

When Bowker wants to spend time with his son Brian, 6, they grab their skateboards and head for Vans Skateboard Park in nearby Moorestown. Almost every day during warm months, Bowker and son Brian can be found grinding their boards across the edging of the ramps, pushing their own limits. (If you're unfamiliar with skateboard lingo, turn to the glossary on *page 119*.)

Bowker thinks parents approve of skateboarding because "they see it as potential for keeping kids off the streets." The Vans Skateboard Park is like a family rec center, he says.

Skateboarding is second nature to the Bowker family. Bowker grew up carving around concrete parks, and his love of the sport has never subsided. Now, skateboards of every size are scattered across his family's living room floor.

Brian Bowker shares his dad's passion. "We were down on Long Beach Island, managing a surf shop, and all the high school kids were doing tricks on their skateboards," recalls Eileen Bowker. "My son wanted one. By the end of the day, he was able to stand on it. Now he has a reputation around town of being a skateboard kid."

Bowker considers himself an old-school skater. But he's willing to learn new tricks from his son such as kickflips and other ollie variations—that is, popping the board up in the air.

continued on page 119

Skateboard Safety

Children under age 10 shouldn't use skateboards unless supervised by an adult, and children under age 5 shouldn't use them at all, according to new guidelines from the American Academy of Pediatrics (AAP). More than 50,000 injuries are attributed to skateboarding each year. To skateboard safely, follow these suggestions from the AAP:

- Helmets are a top priority. "Kids have a higher center of gravity," says Gary Smith, M.D., director of the Center for Injury Research and Policy at Children's Hospital in Columbus, Ohio, and a member of the committee that wrote the AAP guidelines. "They topple forward, and it's often their heads that hit first."
- Protective gear, including knee and elbow pads and wrist guards, can also reduce the number and severity of injuries.
- Never let children ride skateboards in or near traffic. Most serious injuries involve contact with an automobile, says Smith.
- Use skateboard parks. These environments are safer because they have smooth riding surfaces and other advantages, he says.

For more safety information, visit the U.S. Consumer Product Safety Commission's Web site at www.cpsc.gov, or call their hot line at 800/638-2772.

Kids who skateboard learn to fine-tune balance, motor skills, and coordination.





Bob and Jen fly into the wild blue—sheer exhilaration (*below*). That's daughter, Lotus (*right*), with her parents.



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BRIEF SUMMARY — Please see package insert for full prescribing information.
INDICATIONS AND USAGE: PLAVIX (clopidogrel bisulfate) is indicated for the reduction of atherosclerotic events (myocardial infarction, stroke, and vascular death) in patients with atherosclerosis documented by recent stroke, recent myocardial infarction, or established peripheral arterial disease.
CONTRAINDICATIONS: PLAVIX is contraindicated in patients with a hypersensitivity to the drug substance or any component of the product, and those with active pathologic bleeding such as peptic ulcer or intracranial hemorrhage.
WARNINGS: *Thrombotic thrombocytopenic purpura (TTP):* TTP has been reported rarely following use of PLAVIX, sometimes after a short exposure (<2weeks). TTP is a serious condition requiring prompt treatment. It is characterized by thrombocytopenia, microangiopathic hemolytic anemia (schistocytes [fragmented RBCs] seen on peripheral smear), neurological findings, renal dysfunction, and fever. TTP was not seen during clopidogrel's clinical trials, which included over 11,300 clopidogrel-treated patients. In world-wide postmarketing experience, however, TTP has been reported at a rate of about four cases per million patients exposed, or about 11 cases per million patient-years. The background rate is thought to be about four cases per million person-years.
PRECAUTIONS: General: As with other antiplatelet agents, PLAVIX should be used with caution in patients who may be at risk of increased bleeding from trauma, surgery, or other pathological conditions. If a patient is to undergo elective surgery and an antiplatelet effect is not desired, PLAVIX should be discontinued 7 days prior to surgery. *GI Bleeding:* PLAVIX prolongs the bleeding time. In CAPRIE, PLAVIX was associated with a rate of gastrointestinal bleeding of 2.0%, vs. 2.7% on aspirin. PLAVIX should be used with caution in patients who have lesions with a propensity to bleed (such as ulcers). Drugs that might induce such lesions (such as aspirin and other nonsteroidal anti-inflammatory drugs [NSAIDs]) should be used with caution in patients taking PLAVIX. *Use in Hepatically Impaired Patients:* Experience is limited in patients with severe hepatic disease, who may have bleeding diatheses. PLAVIX should be used with caution in this population.
Information for Patients: Patients should be told that it may take them longer than usual to stop bleeding when they take PLAVIX, and that they should report any unusual bleeding to their physician. Patients should inform physicians and dentists that they are taking PLAVIX before any surgery is scheduled and before any new drug is taken.
Drug Interactions: Study of specific drug interactions yielded the following results: *Aspirin:* Aspirin did not modify the clopidogrel-mediated inhibition of ADP-induced platelet aggregation. Concomitant administration of 500 mg of aspirin twice a day for 1 day did not significantly increase the prolongation of bleeding time induced by PLAVIX. PLAVIX potentiated the effect of aspirin on collagen-induced platelet aggregation. The safety of chronic concomitant administration of aspirin and PLAVIX has not been established. *Heparin:* In a study in healthy volunteers, PLAVIX did not necessitate modification of the heparin dose or alter the effect of heparin on coagulation. Coadministration of heparin had no effect on inhibition of platelet aggregation induced by PLAVIX. The safety of this combination has not been established, however, and concomitant use should be undertaken with caution. *Nonsteroidal Anti-Inflammatory Drugs (NSAIDs):* In healthy volunteers receiving naproxen, concomitant administration of PLAVIX was associated with increased occult gastrointestinal blood loss. NSAIDs and PLAVIX should be coadministered with caution. *Warfarin:* The safety of the coadministration of PLAVIX (clopidogrel bisulfate) with warfarin has not been established. Consequently, concomitant administration of these two agents should be undertaken with caution. (See **Precautions-General**). *Other Concomitant Therapy:* No clinically significant pharmacodynamic interactions were observed when PLAVIX was coadministered with **atenolol, nifedipine,** or both atenolol and nifedipine. The pharmacodynamic activity of PLAVIX was also not significantly influenced by the coadministration of **phenobarbital, cimetidine** or **estrogen**. The pharmacokinetics of **digoxin** or **theophylline** were not modified by the coadministration of PLAVIX (clopidogrel bisulfate). At high concentrations *in vitro*, clopidogrel inhibits P_{450} (2C9). Accordingly, PLAVIX may interfere with the metabolism of **phenytoin, tamoxifen, tolbutamide, warfarin, torsemide, fluvastatin,** and many **non-steroidal anti-inflammatory agents,** but there are no data with which to predict the magnitude of these interactions. Caution should be used when any of these drugs is coadministered with PLAVIX. In addition to the above specific interaction studies, patients entered into CAPRIE received a variety of concomitant medications **including diuretics, beta-blocking agents, angiotensin converting enzyme inhibitors, calcium antagonists, cholesterol lowering agents, coronary vasodilators, antidiabetic agents, antiepileptic agents** and **hormone replacement therapy** without evidence of clinically significant adverse interactions.
Drug/Laboratory Test Interactions: None known.
Carcinogenesis, Mutagenesis, Impairment of Fertility: There was no evidence of tumorigenicity when clopidogrel was administered for 78 weeks to mice and 104 weeks to rats at dosages up to 77 mg/kg per day, which afforded plasma exposures >25 times that in humans at the recommended daily dose of 75 mg. Clopidogrel was not genotoxic in four *in vitro* tests (Ames test, DNA-repair test in rat hepatocytes, gene mutation assay in Chinese hamster fibroblasts, and metaphase chromosome analysis of human lymphocytes) and in one *in vivo* test (micronucleus test by oral route in mice). Clopidogrel was found to have no effect on fertility of male and female rats at oral doses up to 400 mg/kg per day (52 times the recommended human dose on a mg/m^2 basis).
Pregnancy: Pregnancy Category B. Reproduction studies performed in rats and rabbits at doses up to 500 and 300 mg/kg/day (respectively, 65 and 78 times the recommended daily human dose on a mg/m^2 basis), revealed no evidence of impaired fertility or fetotoxicity due to clopidogrel. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of a human response, PLAVIX should be used during pregnancy only if clearly needed.
Nursing Mothers: Studies in rats have shown that clopidogrel and/or its metabolites are excreted in the milk. It is not known whether this drug is excreted in human milk. Because many drugs are excreted in human milk and because of the potential for serious adverse reactions in nursing infants, a decision should be made whether to discontinue nursing or to discontinue the drug, taking into account the importance of the drug to the nursing woman.
Pediatric Use: Safety and effectiveness in the pediatric population have not been established.
ADVERSE REACTIONS: PLAVIX (clopidogrel bisulfate) has been evaluated for safety in more than 11,300 patients, including over 7,000 patients treated for 1 year or more. The overall tolerability of PLAVIX was similar to that of aspirin regardless of age, gender and race, with an approximately equal incidence (13%) of patients withdrawing from treatment because of adverse reactions. The clinically important adverse events observed in CAPRIE are discussed below.

Hemorrhagic: In patients receiving PLAVIX in CAPRIE, gastrointestinal hemorrhage occurred at a rate of 2.0%, and required hospitalization in 0.7%. In patients receiving aspirin, the corresponding rates were 2.7% and 1.1%, respectively. The incidence of intracranial hemorrhage was 0.4% for PLAVIX compared to 0.5% for aspirin. *Neutropenia/agranulocytosis:* Ticlopidine, a drug chemically similar to PLAVIX, is associated with a 0.8% rate of severe neutropenia (less than 450 neutrophils/μL). Patients in CAPRIE were intensively monitored for neutropenia. Severe neutropenia was observed in six patients, four on PLAVIX and two on aspirin. Two of the 9599 patients who received PLAVIX and none of the 9586 patients who received aspirin had neutrophil counts of zero. One of the four PLAVIX patients was receiving cytotoxic chemotherapy, and another recovered and returned to the trial after only temporarily interrupting treatment with PLAVIX. Although the risk of myelotoxicity with PLAVIX thus appears to be quite low, this possibility should be considered when a patient receiving PLAVIX demonstrates fever or other sign of infection. *Gastrointestinal:* Overall, the incidence of gastrointestinal events (e.g., abdominal pain, dyspepsia, gastritis and constipation) in patients receiving PLAVIX (clopidogrel bisulfate) was 27.1%, compared to 29.8% in those receiving aspirin. The incidence of peptic, gastric or duodenal ulcers was 0.7% for PLAVIX and 1.2% for aspirin. Cases of diarrhea were reported in 4.5% of patients in the PLAVIX group compared to 3.4% in the aspirin group. However, these were rarely severe (PLAVIX = 0.2% and aspirin = 0.1%). The incidence of patients withdrawing from treatment because of gastrointestinal adverse reactions was 3.2% for PLAVIX and 4.0% for aspirin. *Rash and Other Skin Disorders:* The incidence of skin and appendage disorders in patients receiving PLAVIX was 15.8% (0.7% serious); the corresponding rate in aspirin patients was 13.1% (0.5% serious). The overall incidence of patients withdrawing from treatment because of skin and appendage disorders adverse reactions was 1.5% for PLAVIX and 0.8% for aspirin.

Adverse events occurring in ≥2.5% of patients on PLAVIX in the CAPRIE controlled clinical trial are shown below regardless of relationship to PLAVIX. The median duration of therapy was 20 months with a maximum of 3 years.

Adverse Events Occurring in ≥ 2.5% of PLAVIX Patients

Body System Event	% Incidence PLAVIX [n=9599]	% Incidence Aspirin [n=9586]	% Discontinuation PLAVIX [n=9599]	% Discontinuation Aspirin [n=9586]
Body as a Whole - general disorders				
Chest Pain	8.3	(0.2)	8.3	(0.3)
Accidental Injury	7.9	(0.1)	7.3	(0.1)
Influenza-like symptoms	7.5	(<0.1)	7.0	(<0.1)
Pain	6.4	(0.1)	6.3	(0.1)
Fatigue	3.3	(0.1)	3.4	(0.1)
Cardiovascular disorders, general				
Edema	4.1	(<0.1)	4.5	(<0.1)
Hypertension	4.3	(<0.1)	5.1	(<0.1)
Central & peripheral nervous system disorders				
Headache	7.6	(0.3)	7.2	(0.2)
Dizziness	6.2	(0.2)	6.7	(0.3)
Gastrointestinal system disorders				
Abdominal pain	5.6	(0.7)	7.1	(1.0)
Dyspepsia	5.2	(0.6)	6.1	(0.7)
Diarrhea	4.5	(0.4)	3.4	(0.3)
Nausea	3.4	(0.5)	3.8	(0.4)
Metabolic & nutritional disorders				
Hypercholesterolemia	4.0	(0)	4.4	(<0.1)
Musculo-skeletal system disorders				
Arthralgia	6.3	(0.1)	6.2	(0.1)
Back Pain	5.8	(0.1)	5.3	(<0.1)
Platelet, bleeding, & clotting disorders				
Purpura	5.3	(0.3)	3.7	(0.1)
Epistaxis	2.9	(0.2)	2.5	(0.1)
Psychiatric disorders				
Depression	3.6	(0.1)	3.9	(0.2)
Respiratory system disorders				
Upper resp tract infection	8.7	(<0.1)	8.3	(<0.1)
Dyspnea	4.5	(0.1)	4.7	(0.1)
Rhinitis	4.2	(0.1)	4.2	(<0.1)
Bronchitis	3.7	(0.1)	3.7	(0)
Coughing	3.1	(<0.1)	2.7	(<0.1)
Skin & appendage disorders				
Rash	4.2	(0.5)	3.5	(0.2)
Pruritus	3.3	(0.3)	1.6	(0.1)
Urinary system disorders				
Urinary tract infection	3.1	(0)	3.5	(0.1)

Incidence of discontinuation, regardless of relationship to therapy, is shown in parentheses.

Other adverse experiences of potential importance occurring in 1% to 2.5% of patients receiving PLAVIX (clopidogrel bisulfate) in the CAPRIE controlled clinical trial are listed below regardless of relationship to PLAVIX. In general, the incidence of these events was similar in the aspirin group. *Autonomic Nervous System Disorders:* Syncope, Palpitation. *Body as a Whole - disorders:* Asthenia, Hernia. *Cardiovascular disorders:* Cardiac failure. *Central and peripheral system disorders:* Cramps legs, Hypoaesthesia, Neuralgia, Paresthesia, Vertigo. *Gastrointestinal system disorders:* Constipation, Vomiting. *Heart rate and rhythm disorders:* Fibrillation atrial *and biliary system disorders:* Hepatic enzymes increased. *Metabolic and nutritional disorders:* hyperuricemia, non-protein nitrogen (NPN) increased. *Musculo-skeletal system disorders:* Arthrosis. *Platelet, bleeding & clotting disorders:* GI hemorrhage, hematoma, platelets decr *Psychiatric disorders:* Anxiety, Insomnia. *Red blood cell disorders:* Anemia. *Respiratory disorders:* Pneumonia, Sinusitis. *Skin and appendage disorders:* Eczema, Skin ulceration. *system disorders:* Cystitis. *Vision disorders:* Cataract, Conjunctivitis. Other potentially serious events which may be of clinical interest but were rarely reported (< 1%) in patients who re PLAVIX are listed below regardless of relationship to PLAVIX. In general, the incidence of events was similar in the aspirin group. *Body as a whole:* Allergic reaction, necrosis is *Cardiovascular disorders:* Edema generalized. *Gastrointestinal system disorders:* Gastr perforated, gastritis hemorrhagic, upper GI ulcer hemorrhagic. *Liver and Biliary system dis* Bilirubinemia, hepatitis infectious, liver fatty. *Platelet, bleeding and clotting disorders:* hemat hematuria, hemoptysis, hemorrhage intracranial, hemorrhage retroperitoneal, hemorrhage ative wound, ocular hemorrhage, pulmonary hemorrhage, purpura allergic, thrombocytopen *blood cell disorders:* Anemia aplastic, anemia hypochromic. *Reproductive disorders,* Menorrhagia. *Respiratory system disorders:* Hemothorax. *Skin and appendage disorders:* eruption, rash erythematous, rash maculopapular, urticaria. *White cell and reticuloend system disorders:* Agranulocytosis, granulocytopenia, leukemia, leukopenia, neutrophils dec
Postmarketing Experience: The following events have been reported spontaneously from w postmarketing experience: fever, very rare cases of hypersensitivity reactions including angioedem chospasms, and anaphylactoid reactions. Suspected thrombotic thrombocytopenic purpura (TTP) h reported as part of the world-wide postmarketing experience, see **WARNINGS**.
OVERDOSAGE: One case of deliberate overdosage with PLAVIX (clopidogrel bisulfate) was in the large, controlled clinical study. A 34-year-old woman took a single 1,050-mg dose of (equivalent to 14 standard 75-mg tablets). There were no associated adverse events. No therapy was instituted, and she recovered without sequelae. No adverse events were report single oral administration of 600 mg (equivalent to 8 standard 75-mg tablets) of PLAVIX in volunteers. The bleeding time was prolonged by a factor of 1.7, which is similar to that observed with the therapeutic dose of 75 mg of PLAVIX per day. A single oral dose of clo at 1500 or 2000 mg/kg was lethal to mice and to rats and at 3000 mg/kg to baboons. Sy of acute toxicity were vomiting (in baboons), prostration, difficult breathing, and gastroi hemorrhage in all species.
Recommendations About Specific Treatment: Based on biological plausibility, platelet sion may be appropriate to reverse the pharmacological effects of PLAVIX if quick rev required.
DOSAGE AND ADMINISTRATION: The recommended dose of PLAVIX is 75 mg once daily without food.

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Get Aerial

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Skateboarders are even more athletic than most kids who play traditional sports, says Bowker. Skateboarders must fine-tune their balance, as well as coordination and motor skills, he says.

"What some of these kids are doing on skateboards does involve risk, but it is calculated," says Bowker. "They hardly ever get hurt, and they know their limits."

Bowker also likes the fact that skateboarding doesn't pit one pro athlete against another. "In skateboarding, they really encourage and motivate one another," he says. "It's very competitive, but if a pro pulled off a trick he never did before, the whole place would be pounding their boards on the ramp because they were happy for him. It's a great, spirited competition."

John Haley, 36, has been skateboarding since he was a little kid in Southern California. "Back then, it was a rare treat to be taken to a skate park," he says. "Boy, have times changed. Today parents see skateboarding as just as legitimate as going to soccer practice."

Now Haley lives in Lakewood, Colorado, with his wife, Angie, 10-year-old daughter, Jahnavi, and 6-year-old son, Holden. Skateboarding, for them, is a family affair. "I take my kids probably five times a week. It's nice because skateboarding is a family activity, yet it's very individual. We can connect and skate a little together. It's a nice balance."

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Skateboard Lingo

- Air—To jump, usually off of a ramp.
- Bail—While in the air, you decide you're not going to land your trick properly, so you kick your board away to make a painless landing—at least, you hope it's painless.
- Carve—The act of making big, fast turns, usually while zipping through a large bowl-like ramp.
- Grind—To slide the axle assembly on a hard surface during a trick.
- Half-Pipe/Vert—Usually, a curved surface ramp with a flat bottom and a concave transition that leads to verticals on both sides.
- Invert—A trick that requires getting upside down and supporting yourself on one hand, usually on the edging of a ramp, while the other hand performs a grab.
- Kickflip—The rotation of the board around its lengthwise axis as a result of kicking your front foot off the heel edge of the board.
- Land—To be able to perform a trick successfully.
- Ollie—The basis of most other tricks, it entails using your back foot to smack the tail of your board against the ground while your front foot pulls the board up into the air.
- Truck—A name used for the skateboard's axle assembly, which is made up of the hanger, baseplate, axle, kingpin, bushings, axle nuts, bushing cups, and speed washers.

Off to skateboarding camp

Parents and kids don't usually sign up to take classes together at a camp—unless they skateboard.

"Parents who skateboard are young at heart," says Gary Ream, director of Camp Woodward in Pennsylvania, one of the nation's largest skateboard camps, which hosts family skate-away weekends.

"Initially, our mission was to get parents more involved with their children's activities," he says. "We didn't realize that it was going to take off like it did. They get involved just by watching the kids get better. And that's great for the family unit, no question about it."

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Disney's Tigger

Tiggerrific in full-lead Lenox crystal



Sculpture shown actual size. Height: 5¾"

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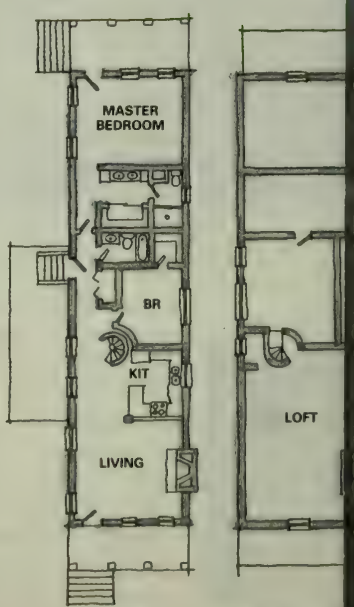
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Spare and Spacious

A simple front porch and tall double-hung windows recall the no-nonsense charms of early 1900s workmen's cottages, but this home's gable roof provides a modern touch as it forms a vaulted ceiling over the porch. The height stretches inside, as well, bringing drama to the living/dining room, kitchen, and master bedroom. Exposed beams moderate the feeling of height and openness, and a fireplace anchors the living room's sitting area. Otherwise the interior styling is crisp and spare, and the floor plan is free of clutter—which, combined with the vertical volume, makes the home feel roomier than its modest size suggests. When you hanker for snugger space, the spiral stairs take you up to a dormered loft that nestles under the eaves.



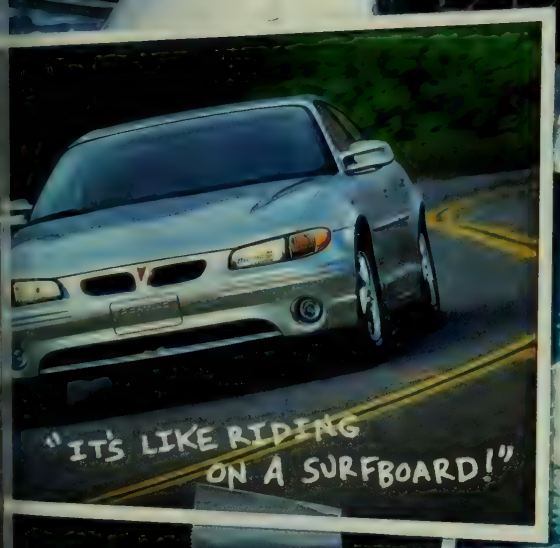
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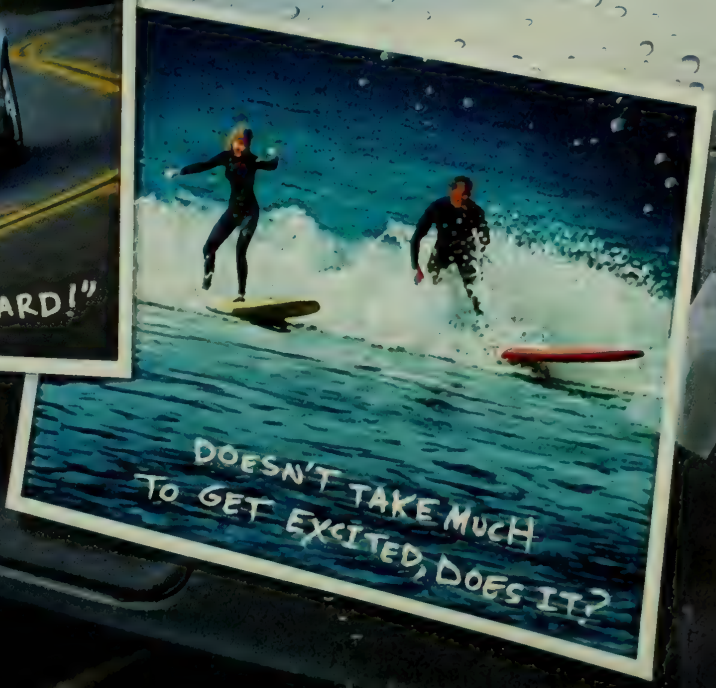
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for a week?





What would YOU do?
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The Deaf Dalmatian Felix

If Felix the dalmatian could use his paws for sign language, he would say, "Thank you, Stephanie." Since he can't, the deaf dog communicates with the hug of his body next to hers and his rapt focus on her face. They tell Stephanie Foust, his trainer and companion, just how much he loves her.

Felix and Stephanie's story began in 1999 when Robbie Lark of the Willing Hearts Dalmatian Rescue organization in Royersford, Pennsylvania, contacted Animal Lifeline of Iowa, a no-kill animal shelter near Des Moines. Robbie was trying to place Felix, but it had to be with people who had experience working with deaf dogs. Animal Lifeline was just such a place. Perhaps they could help this young animal whose world was completely silent.

continued on page 126



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Good Housekeeping Promises

The Deaf Dalmatian Felix

continued from page 124

Felix was flown to Iowa as a feisty 7-month-old. Other than his hearing impairment, he wasn't much different from other pooches his age: a lolling, sprawling, awkward fella—a blizzard of spots, a rainstorm of slobbering kisses, and a wiggle of energy. Stephanie, an Animal Lifeline volunteer, was quickly drawn to this sweet-tempered yet often undisciplined adolescent, who proved to be a challenge.

Even though she is an experienced dog trainer, Stephanie was challenged as she tried to get the easily distracted dog to focus his attention on her. It took months of patience and persistence to make even a little headway with this busy boy. He was more interested in bugs on the ground, itchy hindquarters, or a passing critter than in paying attention to the hand signals his human companion learned from a book on sign language.

Then, encouraged by another dog trainer, Stephanie enrolled Felix in a basic obedience class, along with other canine participants and their owners. Stephanie coaxed and encouraged, wondering if he would respond to this attempt at mainstreaming. He did. By the second set of classes, the still-growing dalmatian was well on his way to learning good canine manners.

But here's the punch line: No one in the class even knew he was deaf, says Stephanie, radiating pride.

Felix went on to learn agility training, which takes dogs through a series of challenges and performance maneuvers in a test of skill for both animal and master. At the command from Stephanie's hands, he dashes through a course. He sails over obstacles with athletic grace, crawls hurriedly on his belly through tubes, and bolts for the finish line. All he wants is a thumbs-up sign of approval—along with a hug, of course. Good dog, Felix!

This deaf canine compensates for his hearing loss by fine-tuning his other senses. While most dogs point their ears to assess their surroundings, Felix constantly looks around and twitches his nose to take in all the local stimuli. And his sense of touch is critical—he always has at least one part of his body in contact with Stephanie to read her next move. The two work as a team.

These days, Felix enjoys trotting out his remarkable talents for appreciative fans at fund-raisers and promotions connected with Animal Lifeline. His presence is testimony to the successful work done to aid many homeless and special-needs animals.

And Felix would just love to say to all who offer help, "Thank you.... Oh, and, got a biscuit?" ⌂





Q&A

Felix likes to pal around with Ava Bothe (*left*), founder of Animal Lifeline of Iowa, a shelter dedicated to taking care of and finding homes for animals that are sick, abandoned, orphaned, injured, pregnant, or abused. Though Ava desires to see all animals find homes, she stresses that it takes a high level of commitment to adopt a special-needs pet.

Q. Who adopts and trains animals like Felix?
A. We look for a home where the family has the time to go through basic obedience training with a deaf dog. If the family can provide the dog continued training and/or agility work, that's an ideal placement.

Q. How long does training take?
A. It depends on the age when the training begins. If you start with a young puppy, the amount of time isn't usually too much more than what would be needed to train a hearing dog: about 30 to 45 minutes a day, plus one hour a week when you are in an obedience class. If you begin training with an older deaf dog, you'll probably need to spend more time getting the dog's attention before moving onto the basic obedience commands, such as "sit" or "stay."

Q. Is it possible to train a blind dog?
A. Like deaf dogs, blind dogs can be trained. Blind dogs respond to voices, just as deaf dogs respond to hand signals. A blind dog can learn various commands, such as "stop" and "step," to alert them to potential dangers or obstacles.

Q. How trainable is a deaf or blind cat?
A. Blind or deaf cats usually adjust fairly well on their own. They need to be kept as inside-only pets. An owner can certainly use his or her voice to alert a blind cat to any danger or obstacle, as is done with a blind dog.

Special-needs animals are available to be adopted by people who can provide for their unique requirements. Search these Web sites for helpful tips about caring for pets: American Society for the Prevention of Cruelty to Animals (www.aspca.org and www.petfinder.com); Humane Society of the United States (www.hsus.org); Animal Lifeline of Iowa (www.animal-lifeline.com), and Willing Hearts Dalmatian Rescue (www.dogsaver.org/willinghearts).

To compensate for deafness, Felix has fine-tuned his sight, smell, and

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Baby, You Can Drive My Mini

The Mini was as much a symbol of the 1960s in Britain as its namesake skirt. Paul, George, and Ringo all drove Minis. Now, the car invades the Colonies. Again.

Ask the average American to use the word "mini" in a sentence and you'll likely hear about short skirts and the swinging Sixties.

Ask a European the same question and you're just as likely to hear about a tiny car—barely bigger than a pint of ale—so popular in the United Kingdom that it helped give the miniskirt its name.

While one mini (the skirt) makes periodic comeback attempts, the other Mini (the car) never caught on in the United States and disappeared completely about the time the Beatles broke up. But BMW, the microcar's new parent company, is launching an updated version called the Mini Cooper, which it hopes will be more successful here this time around.

This 2003 Mini, starting at $16,850, will attempt to re-create many of the things that made it big 40 years ago in Europe—bulldog-cute appearance, clever interior packaging, fun handling, and an antiestablishment size.

Mini, by the way, is the brand name and Cooper is the model name, just as Pontiac is a brand and Grand Am is a model. BMW promises there will be a series of models carrying the Mini brand. Right now there's Cooper and Cooper S, a sportier $19,850 model.

Although bigger than the original, the new Mini still lives up to its name. At 12 feet long, it's the shortest car on U.S. highways. It sneaks through traffic, slips into impossible parking spaces, and just sips gasoline. But will that be enough to lure us

continued on page 130



The vintage Mini, 1960s style

"Synvisc can be a great approach to osteoarthritis knee pain relief."

Nancy Lopez–Hall of Fame Professional Golfer and Synvisc Patient

isc is a novel treatment for osteoarthritis) knee pain. Synvisc is an FDA-approved ıpy that has already been administered to l million knees in the U.S.

isc can provide up to 6 months of knee relief. And because it is not a drug and is nistered directly into the knee (in just 3 doctor over 15 days), it is not likely to affect any other of your body.

isc can provide a cushion of long-lasting relief. In knees with osteoarthritis, the ial fluid has deteriorated, losing its cushioning rotective qualities. That's one of the reasons you experience pain and difficulty moving. sc acts as healthy, young synovial fluid (as the in an 18- to 27-year-old knee joint), which ates and cushions healthy joints. With Synvisc, nay find that you're able to return to a level of om and activity you never thought possible.



- **Up to 6 months of relief**
- **No pills to take**
- **FDA approved**
- **Used on over 1 million knees in the U.S.**

Learn more about Synvisc!
all toll free **1–888–772–9238**
a free video, a booklet, and a list of Synvisc providers near you.



SYNVISC®
HYLAN G-F 20

k to a knee pain specialist...or ask your doctor for a referral.

isc is generally well tolerated; however, it may not work for everyone. The most commonly reported ffects are temporary pain, swelling, and/or fluid accumulation in the injected knee (about 2% of injections). l accumulation is large or painful, call your doctor. Other side effects, such as rash, have been reported . Advise your doctor if you are allergic to chicken products or your leg is swollen or infected. The results eat use have not been established.

isc therapy is usually covered by most medical plans, including Medicare. If you have questions about nce coverage, please see additional information on the next page.

.synvisc.com **Please see additional important Patient Information on the next page.**

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DISCOVER RELIEF FOR OSTEOARTHRITIS KNEE PAIN.

SYNVISC®
HYLAN G-F 20

BRIEF SUMMARY OF PRESCRIBING INFORMATION
This Summary describes Synvisc, a prescription formulation of hylan G-F 20 for knee pain due to osteoarthritis. Please read it carefully. Only your doctor has the training necessary to weigh the benefits and risks of Synvisc therapy for you. Contact your doctor if you have any questions.

WHAT IS SYNVISC?
Synvisc is a viscous and elastic sterile mixture that is made up of hylan A fluid, hylan B gel, and salt water. The two hylans are manufactured from hyaluronan (sodium hyaluronate) that comes from chicken combs. Hyaluronan is a natural chemical found in the body and is present in a particularly high amount in joint tissues and in the fluid that fills the joint. The body's own hyaluronan acts like a lubricant and a shock absorber in the joint, and is needed for the joint to operate properly. In osteoarthritis, there may not be enough hyaluronan, and there may be a change in the quality of the hyaluronan in joint fluid and tissues. Synvisc has comparable viscous and elastic properties to synovial fluid of 18- to 27-year-old healthy human knees. Synvisc is given by a series of injections directly into your knee.

WHAT IS SYNVISC USED FOR?
Synvisc is used to relieve knee pain due to osteoarthritis. It is used for patients who do not get adequate relief from simple painkillers or from exercise and physical therapy. The most pain relief and the greatest amount of treatment success occurred 8 to 12 weeks after Synvisc treatment began.

HOW CAN I GET MORE INFORMATION ABOUT SYNVISC?
If you have any questions or would like to find out more about Synvisc, you may call Wyeth-Ayerst Pharmaceuticals, at 1-800-99-WYETH.

CONTRAINDICATIONS
- Do not administer to patients with known hypersensitivity (allergy) to hyaluronan (sodium hyaluronate) preparations.
- Do not inject Synvisc in the knees of patients having knee joint infections or skin diseases or infections in the area of the injection site.

WARNINGS
- Do not concomitantly use disinfectants containing quaternary ammonium salts for skin preparation because hyaluronan can precipitate in their presence.
- Do not inject Synvisc extra-articularly, or into the synovial tissues and capsule. Local and systemic adverse events, generally in the area of the injection, have occurred following extra-articular injection of Synvisc.
- Intravascular injections of Synvisc may cause systemic adverse events.

PRECAUTIONS
General
- The effectiveness of a single treatment cycle of less than three injections of Synvisc has not been established.
- The safety and effectiveness of Synvisc in locations other than the knee and for conditions other than osteoarthritis have not been established.
- Do not inject anesthetics or other medications into the knee joint during Synvisc therapy. Such medications may dilute Synvisc and affect its safety and effectiveness.
- Use caution when injecting Synvisc into patients who are allergic to avian proteins, feathers, and egg products.
- The safety and effectiveness of Synvisc in severely inflamed knee joints have not been established.
- Strict aseptic administration technique must be followed.
- STERILE CONTENTS. The syringe is intended for single use. The contents of the syringe must be used immediately after its packaging is opened. Discard any unused Synvisc.
- Do not use Synvisc if package is opened or damaged. Store in original packaging (protected from light) at room temperature below 86°F (30°C). DO NOT FREEZE.
- Remove synovial fluid or effusion before each Synvisc injection.
- Synvisc should be used with caution when there is evidence of lymphatic or venous stasis in that leg.

Information for Patients
- Provide patients with a copy of the Patient Labeling prior to use.
- Transient pain, swelling, and/or effusion of the injected joint may occur after intra-articular injection of Synvisc. In some cases, the effusions may be considerable and cause pronounced pain; cases where swelling is extensive should be discussed with the physician.
- As with any invasive joint procedure, it is recommended that the patient avoid any strenuous activities or prolonged weight-bearing activities such as jogging or tennis following the intra-articular injection.
- The safety and effectiveness of repeat treatment cycles of Synvisc have not been established.
- The packaging of this product contains dry natural rubber latex.

Use in Specific Populations
- **Pregnancy:** The safety and effectiveness of Synvisc have not been established in pregnant women.
- **Nursing mothers:** It is not known if Synvisc is excreted in human milk. The safety and effectiveness of Synvisc have not been established in lactating women.
- The safety and effectiveness of Synvisc have not been established in children.

ADVERSE EVENTS
Adverse Events Involving the Injected Joint
Clinical Trials
A total of 511 patients (559 knees) received 1771 injections in seven clinical trials of Synvisc. There were 39 reports in 37 patients (2.2% of injections, 7.2% of patients) of knee pain and/or swelling after these injections. Ten patients (10 knees) were treated with arthrocentesis and removal of joint effusion. Two additional patients (two knees) received treatment with intra-articular steroids. Two patients (two knees) received NSAIDs. One of these patients also received arthrocentesis. One patient was treated with arthroscopy. The remaining patients with adverse events localized to the knee received no treatment or only analgesics.
Postmarket Experience
The most common adverse events reported have been pain, swelling and/or effusion involving the injected knee. In some cases, the effusion was considerable and caused pronounced pain. In some instances, patients have presented with knees that were tender, warm and red. It is important to rule out infection or crystalline arthropathies in such cases. Synovial fluid aspirates of varying volumes have revealed a range of cell counts, from very few to over 50,000 cells/mm³. Reported treatments have included symptomatic therapy (e.g., rest, ice, heat, elevation, simple analgesics and NSAIDs) and/or arthrocentesis or articular corticosteroids have been used when infection was e... Patients have rarely undergone arthroscopy or other procedures ... generally abate within a few days. Clinical benefit from treatm... still occur after such reactions.
Intra-articular infections did not occur in any of the clinical tria... have been reported only rarely during clinical use of Synvisc.

Other Adverse Events
Clinical Trials
In three concurrently controlled clinical trials with a total of 112... who received Synvisc and 110 patients who received either sa... arthrocentesis, there were no statistically significant difference... numbers or types of adverse events between the group of pat... received Synvisc and the group that received control treatmen...
Systemic adverse events occurred in 10 (2.0%) of the Synvisc... patients. There was one case each of rash (thorax and back) a... ing of the skin following Synvisc injections in these studies. Th... symptoms did not recur when these patients received additio... Synvisc injections. The remaining generalized adverse events ... were calf cramps, hemorrhoid problems, ankle edema, muscle... tonsillitis with nausea, tachyarrhythmia, phlebitis with varicosi... low back sprain.
Postmarket Experience
Other adverse events reported include: rash, *hives*, itching, *feve... headache, dizziness, chills*, muscle cramps, *paresthesia*, peripher... *malaise, respiratory difficulties, flushing and facial swelling*. T... been rare reports of *thrombocytopenia* coincident with Synvisc ... (Adverse events reported *only* in worldwide postmarketing exp... not seen in clinical trials, are considered more rare and are *ita...*

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Important information about insurance coverage for Synvisc treatments

Synvisc is usually covered by most insurance plans. Many require that your doctor stock Synvisc. If your doctor do... not stock Synvisc and he or she writes a Synvisc prescription for you, some insurance plans, including Medicare, ... not cover the cost. Therefore, it is recommended that you ask your doctor if his or her office stocks Synvisc. Proced... vary from policy to policy, so please check with your doctor and/or your insurer. If you have additional questions ab... insurance coverage, please contact the Synvisc Reimbursement Hot Line at 1-800-982-8292. This toll-free numbe... be accessed between 9:00 AM and 6:00 PM, Eastern Time, Monday through Friday.



The car's diminutive size spawned "Mini crams" after the cars were launched in Britain in 1959.

Your Family Car continued from page 128

Yanks out of our beloved biggie-sized SUVs into a short-stack Min...

Perhaps anticipating that challenge, engineers endowed it with lo... of the same family genes that make its high-performance BM... cousins so alluring. Most notable are go-cart-like handling and a li... of save-your-life safety features (see *page 132*) that you won't find o... some cars costing twice as much.

One more thing about the Cooper's size: It's easier to get into tha... many larger cars, even if you're wearing a miniskirt. The two passeng... doors open extremely wide, nearly reaching a right angle to the ca... When both doors are open to their full wingspan, the Mini is wid... than it is long.

Inside there's an amazing amount of room. Front-seat headroo... will handle almost anyone short of Shaquille O'Neal. In back there...



The shape of the bonnet (oops, hood) and large, rounded headlamps give the Mini its characteristic face. The roof can be ordered in black, white, or the body color.

continued on page 132

lequate headroom for those up to
)out 6-foot-2, meaning four people
ın ride in relative comfort.

The instrument panel features
ggle switches that you flick up and
)wn to turn things on and off or to
)en windows. Toggles are a retro
uch not seen in cars for decades
:cause they could "stab" passengers
a crash. But BMW engineers have
'ercome the safety issue by placing
e switches inside protective semi-
rcles of metal.

Mini Cooper seems well-suited for
ızzing around a busy city like Man-
ıttan, Chicago, or San Francisco,
rrying up to four people to a cross-
wn meeting. The 115-horsepower
gine puts out plenty of oomph,
opelling you from standstill to 60
ph in a spirited 8.5 seconds.
:cause the engine only needs to
otivate a 2,500 pound car, it has
ssing power to spare.

For those who feel vulnerable
)dging brontosaurus-sized trucks
d vans, the little car's BMW-like
ndling and braking provide a mea-
re of comfort. These active safety
stems mean you'd have a pretty
)od chance of avoiding trouble,

Everybody has to buy a plunger sometime.

kmart

The stuff of life

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continued from page 131





The speedo is in the center! The original Mini's center speedometer position is retained, putting the tachometer ("rev counter") directly in front of the driver.

MINI CAR, MAXI SAFETY

Although they're not badged as BMWs, all Mini models get to borrow some safety technology from the upscale German branch of the family. At the base price of $16,850, including delivery, a Mini Cooper includes active and passive safety systems that no other small car matches. Even some family cars aren't as fully equipped.

- Electronic brake distribution, which controls application of the braking force between front and rear wheels, depending on load conditions.
- Cornering brake control, which tempers the natural tendency of a car to become unstable at the rear if brakes are applied heavily while cornering. The system senses when the car is cornering and feeds more brake force to the outside front wheel to counteract the tendency to skid.
- A flat-tire monitor to alert the driver about a loss of air pressure before a low tire becomes damaged or dangerous. Experts say 80 percent of all blowouts can be detected by these monitoring systems before the tire bursts.
- "Smart" front air bags to detect the strength of a collision and whether a passenger is present.
- Side air bags concealed in the outer cushions of the front seats help protect driver and passenger from chest injury.
- A head air-bag system that provides both front and rear occupants with protection against head injury from side impacts and from vehicles penetrating the sidewall of the car.
- Three-point safety belts secure all four passenger seats. The front seats include belt pretensioners, which tighten the belts automatically in a crash, and belt-force limiters. Limiters allow a belt to "give" slightly during impact.

which is much better than try ing to survive it.

The Mini Cooper is unusu because it doesn't have dire competition. Instead, it tries win your heart the way oth fashionable personality car such as the VW New Beet and Chrysler PT Cruiser, di By being so darned cute.

Also like the New Beetle ar PT Cruiser, the launching Mini is generating maximu buzz. A Mini will even make a appearance in this summe Austin Powers movie—embl zoned with a Union Jack pai job that looks spectacular in lively car-chase scene.

Because of the hype, ear Mini buyers could face th same squeeze felt by those wh were first in line for the Ne Beetle and PT Cruise Demand drives up prices.

Even the federal governme had to pony up $10,000 mo than sticker price to obtain tw PT Cruisers to crash test 2000. But by this year, Cruis fever had faded, and instead shelling out extra cash, buye were being offered a $1,0 rebate from Chrysler.

Analysts predict the sa phenomenon could affect Mi sales, because BMW plans build only 20,000 for the U. market, and they'll be availab through only 70 dealers. O advice: If you want one, patient and you'll eventually able to drive home shoutin "Yeah, Baby. Yeah!"

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You promised to take care of me.



I don't understand the
"if I can afford it" part.

A wagging tail. A purr of delight. In return for those moments of love, you've promised to take care of your dog or cat.

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Pick your project

Two Categories—11 Divisions

Category I—Remodeling
Prizes for structural home improvements in each of the following eight divisions: ■ Exterior Fix-Ups ■ Outdoor Improvements ■ Kitchen Shape-Ups ■ Bathroom Remodelings ■ Interiors ■ Additions ■ Whole-House Remodelings ■ Restorations

Category II—Decorating
Solely cosmetic changes to your home's interior in each of the following three divisions: ■ Public Rooms: living room, family room, kitchen, dining room, porch, and sunroom ■ Whole-House Redecorating ■ Private Rooms: bedrooms, bathrooms, and home offices

continued on page 136

Home Improvement Contest Announcement continued from page 135

2002 Awards

Best of Contest: $10,000 cash plus an 8-day/7-night vacation for four* at Horizons by Marriott Vacation Club in Orlando, Florida. Horizons offers an action-packed and fun-filled vacation experience for the whole family.

*Airfare and meals not included.

Two Runners-Up: $5,000 cash

Category Prizes

1. Remodeling: Prizes given in each of the eight divisions for: ▪ Class A—large projects: $1,500 ▪ Class B—medium projects: $750 ▪ Class C—small projects: $300. Three merit winners in classes A, B, and C of each division win $100.

2. Decorating: Three awards in each of the three divisions: ▪ First Place: $1,500 ▪ Second Place: $750 ▪ Third Place: $300.

How to Enter

1. Right Now: To receive an official entry packet, call 1-866-509-1690, Monday–Friday 8 a.m.–7 p.m. CST, or mail the form (or a photocopy) *below*, postmarked by November 1, 2002, or download online for free at www.bhg.com/hic2002. Get a head start by saving floor plans, before and after photos, and receipts that could help make your project a winner.

2. When Your Project Is Finished: Send us the final entry form. All final entries must be postmarked by February 3, 2003.

Entry Judging

Entries will be judged on appearance, function, and cost-effective use of materials. Any home improvement/decorating project completed in 2002 is eligible, no matter how big or small. It's also eligible whether all the work was completed by yourself or by professional contractors. Entrants must be U.S. residents, 18 years of age or older. Judges' decisions are final. Void where prohibited. See *page 198* for complete rules.

Winners

Better Homes and Gardens® magazine will select winners on or about June 2, 2003. Winners will be notified by mail. A selection of the top winners will be featured in upcoming issues.

You may qualify to win $1,000 from each of these cosponsors when you use their products and services: ▪ Ace Hardware ▪ Andersen Windows® ▪ DuPont Stainmaster® ▪ GE Profile Appliances ▪ Heat-N-Glo ▪ KraftMaid Cabinetry ▪ Lennox Industries ▪ Marvin Windows and Doors ▪ Minwax®

See *page 198* for more Home Improvement Contest details, or visit our Web site at www.bhg.com/hic2002

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The Official Home Improvemer Survival Kit will help keep your life order from start to finish during yo remodeling or redecorating projec Carry everything from fabric swatch to paint chips in this sturdy box wi handy pocket folders.

Plus:
You will also receive helpful tips an information from *BH&G* editors for ea step of your home improvement.

Special Offer:
The Home Improvement Survival K is just $19.99 plus shipping an handling. Order information can b found on this page.

Please note: Do not send the Kit with any fi entry submissions. Purchase of the Kit does n influence decision of Contest judges.

Better Homes and Gardens® 2002 Home Improvement Contest

Home Improvement Survival Kit and Entry Packet Order Information

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Order by mail:

❑ Please send only the official entry packet. Enclosed is a check or money order for $3.00 for shipping and handling.

❑ Please send the Home Improvement Survival Kit and an official entry packet. Enclosed is a check or money order for $23.49 ($19.99, plus $3.50 shipping and handling for both the Kit and entry packet).

Send this form to: *Better Homes and Gardens*®, Home Improvement Contest, P.O. Box 36197, Des Moines, IA 50315-0310. Must be postmarked no later than November 1, 2002.

Please print:

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Address: _____

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Allow six to eight weeks for delivery. If ordering only the entry packet, the S&H charge is waived for residents of AZ, MD, CO, CT, and VT. Please do not send photos or project plans with this order form. Send only one order form per family. See *page 198* for complete rules.

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the power of real orange oil inside, Orange Clean® easily overcomes ough kitchen and bathroom messes. And with the unmistakable scent sh-picked oranges, your home will now smell as good as it looks.

Unleash the power of real orange oil.



Outdoor Learning

Pack your family's bags, grab a map, and head out for a summer of educational fun.

Your children spent the past nine months sitting at their desks, cramming their brains with names, dates, formulas, and theories. This summer, reward them with exciting, hands-on, outdoor learning activities as part of your vacation. It's one thing to learn that the Jurassic period occurred 140 million years ago. It's quite another to see gargantuan dinosaur skeletons that have been dug up in a Utah field. Reading about the westward expansion of our country is important. But can it compare to joining a wagon train that travels the route of the Oregon Trail? Is *Moby Dick* on your child's reading list? A visit to the country's last wooden whaling ship, with its masts unfurled, brings new meaning to life on the high seas.

We've put together a number of sites and activities that will entertain and educate. You will not only create memories to last a lifetime, but also send the message that learning can, indeed, be fun.

Visit a crab and go home happy

Commune with the underwater world by visiting the Virginia Institute of Marine Science (VIMS), located where Chesapeake Bay meets the Atlantic. Tour seven aquariums, housing such species as Atlantic stingrays, sea horses, crabs, blennies, flounder, and puffer fish. Tanks house oysters and fishes that live among the reefs. A shallow-water Caribbean tank showcases a green moray eel, gobies, and collections of Caribbean algae. And, a "touch tank" was added last year, offering a hands-on experience with a variety of crabs, clams, sponges, sea whips, and more.

continued on page 140

Meet your child's personal snack trainers.







hem on the right track with *Danimals*.® With calcium and vitamin D to help
l strong bones. And no artificial flavors. You'd expect nothing less from
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Outdoor Learning

continued from page 138

Gravel paths and a footbridge allow you to explore the Teaching Marsh, where plants are labeled for visitors.

You can also view audiovisual displays and life-sized models designed to help you understand the marine ecosystems of this region. You will learn about grasses, shrubs, flowers, and trees that thrive in both fresh and saltwater wetlands.

College bound? Tours of the VIMS Gloucester Point Campus, part of The College of William and Mary, are offered on Fridays, April 26 through October 25. Call 804/684-7846 in advance for tour arrangements.

For more information about the salt marsh and the fascinating forms of life found throughout the Chesapeake area, call VIMS at 804/684-7000, or visit www.vims.edu/index.html.



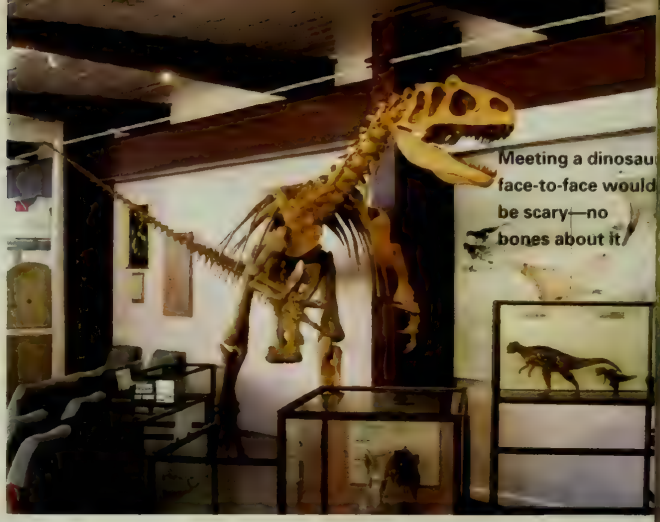
MARINE BIOLOGY

- Monterey Bay Aquarium, located on the famous Cannery Row of Monterey Bay, California, features numerous hands-on exhibits and programs. Admission: $17.95 for adults; $7.95 for children, ages 3-12. Call 831/648-4888, or visit their Web site at www.mbayaq.org/.
- Odiorne State Park/New Hampshire Coast. Odiorne Point is the largest undeveloped stretch of shore on New Hampshire's coast. The Seacoast Science Center offers naturalist-guided or unguided explorer programs. Admission, $1; parking, $3. Call 603/436-8043, or visit the Web at www.seacentr.org.
- Ecology boat cruise. See and learn about dolphins, manatees, and other wildlife as you tour the northern edge of The Everglades near Marco Island, due south of Naples, Florida. Call Stops Marine Charter at 941/394-8000 or visit their Web site at www.stopsmarinecharters.com.

Dig those dinosaurs

Head west and take in some of the many dinosaur attractions scattered from Denver to Grand Junction, Colorado, and then continue on to Utah, where the Dinosaur National Monument (DNM) straddles the Colorado-Utah border.

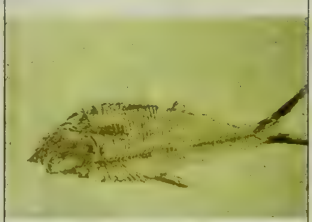
Imagine the scene 145 million years ago when dinosaur herds roamed the plains. For a time, this region was Jurassic heaven. But then, perplexingly, the great animals died off. The carcasses floated down an ancient river to their final resting places. Later, the Rocky Mountains formed, swelling and then buckling the altered landscape. Then came aeons of time, with gravity, wind, and rain working away at the graveyards of fossilized dinosaurs.



Meeting a dinosau face-to-face would be scary—no bones about it.

Finally, just a century ago, the bones were unearthed by a young paleontologist, Earl Douglass, who was on assignment from the Carnegie Museum in Pittsburgh. "I was a beautiful sight," he wrote in his diary about the gigantic bones.

From that point on, the dinosaur fields of the Wes began providing specimens that would trigger interes and imagination at museums all over the world.



ARCHAEOLOGY

- Located five miles west of Los Angeles, The George C. Page Museum and La Brea Tar Pits house one of the most famous fossil collection points in the world. See sabre-tooth tigers and mastodons. Call 323/934-7243 for information about joining or observing a dig. Or, visit their Web site at www.tarpits.org.
- Florida's Maritime Heritage Trail. Though this is a virtual trail that begins on the Internet, it provides background on shipwrecks and archaeological sites along the Florida Coast. This Web site has photos, maps, and information. Go to http://dhr.dos.state.fl.us/maritime/index.html.

At DNM, your family can check out the whole prehistoric zoo that ha been excavated a Dinosaur Quarry Visi tor Center, the mai sightseeing attraction Here you'll see upward of 1,600 exposed bone from nearly a dozen dif ferent dinosaur species You can hike, drive, o take a shuttle.

Don't miss thes other points of interest the monument's head quarters; the town o Dinosaur, near the mon ument just east of th Utah border; Dinosau Valley Museum, whic doubles as a paleontol ogy lab, in Grand Junc tion, Colorado; activ fossil digs at Riggs Hil Dinosaur Hill, an Rabbit Valley, all withi a 25-mile radius o Grand Junction. Also the Denver Museum o

continued on page 14

EVERY KID GOES THROUGH STAGES.
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Brushing starts with the first tooth. Baby-soft bristles massage gums. Non-slip grip is easy for Moms to handle.

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Kids' mouths can't open wide enough, so our brush head is narrow. Easy-to-hold handles help kids learn to brush. Features Winnie the Pooh or Mickey.

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Kids tend to brush just one side of their teeth, so our cup-shaped bristles surround each tooth; Power Tip bristles target back teeth. Features Buzz Lightyear or Disney Princesses.

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For first teeth, permanent teeth, gaps and tender gums, combination CrissCross® and flared bristles to clean and massage. The perfect brush for young adults who aren't adults yet.

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h because it hurts, so
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That's the thing about kids: they're always growing. So we made a line of toothbrushes to meet their growing needs. New Oral-B® Stages™ is the only line of toothbrushes designed for the way kids' teeth grow, their motor skills, even how they think. Only from Oral-B. The brand more dentists use themselves.

INTRODUCING NEW

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Stages™

/. Based on the "Winnie the Pooh" works by A.A. Milne and E.H. Shepard.

Outdoor Learning

continued from page 140

Natural History offers some of the best dinosaur exhibits this side of the Smithsonian Institution. For more information, call the monument visitor center at 970/374-3000, or the Quarry area (actually in Utah) at 435/789-2115; or visit their Web site at www.nps.gov/dino.



Traverse the Oregon Trail in western Nebraska, following ancient wagon ruts.

Wagons ho

Perhaps your children enjoyed playing the software game The Oregon Trail, either at home or in school. This summer, as part of your vacation, think of how thrilled they would be to join a real wagon train. Wagon trains form and depart for Chimney Rock, in western Nebraska, near Bayard, throughout the summer—choose from an overnight adventure or a four-day trek.



Before departing, modern-day pioneers are issued their packs of gear. Then they climb onto the wagons, which follow the same wheel ruts that thousands of pioneers traveled during the 1850s.

On the way to the campsite at the base of Chimney Rock, the famous Oregon Trail landmark, kids can ride in a covered wagon, drive a team of horses, or take turns riding point. When you feel the heat of the afternoon sun, hear the clanging of pots and pans against the side of the wagon, and feel your body bounce up and down on the wagon bench, you'll have some idea of what it must have been like to travel mile after mile, week after week, in search of a dream.

At the campsite, under careful supervision, those brave enough can load and fire a black powder rifle. The evening activities may be punctuated with a galloping visit by a Pony Express rider Indian dancing, or a prairie square dance. Participants ca also search for pioneer artifacts along the trail. And th knowledgeable wagonmaster brings to life stories of th pioneers as they braved the heat and cold, diminishin provisions, sickness, and other dangerous situations.

Strong camp coffee and authentic chuck-wago meals—including a fresh-baked dessert from a Dutc oven—cap off this living history lesson. At night, sleep o the floor of a wagon, in period tents, or under the star You'll likely hear coyotes howling at the moon. Th overnight trek (from noon to noon) costs $200 for adult $175 for children under 12. A four-day trek costs $57 and $475, respectively.

For more information, call 308/586-1850, or visi www.oregontrailwagontrain.com/treks.htm.

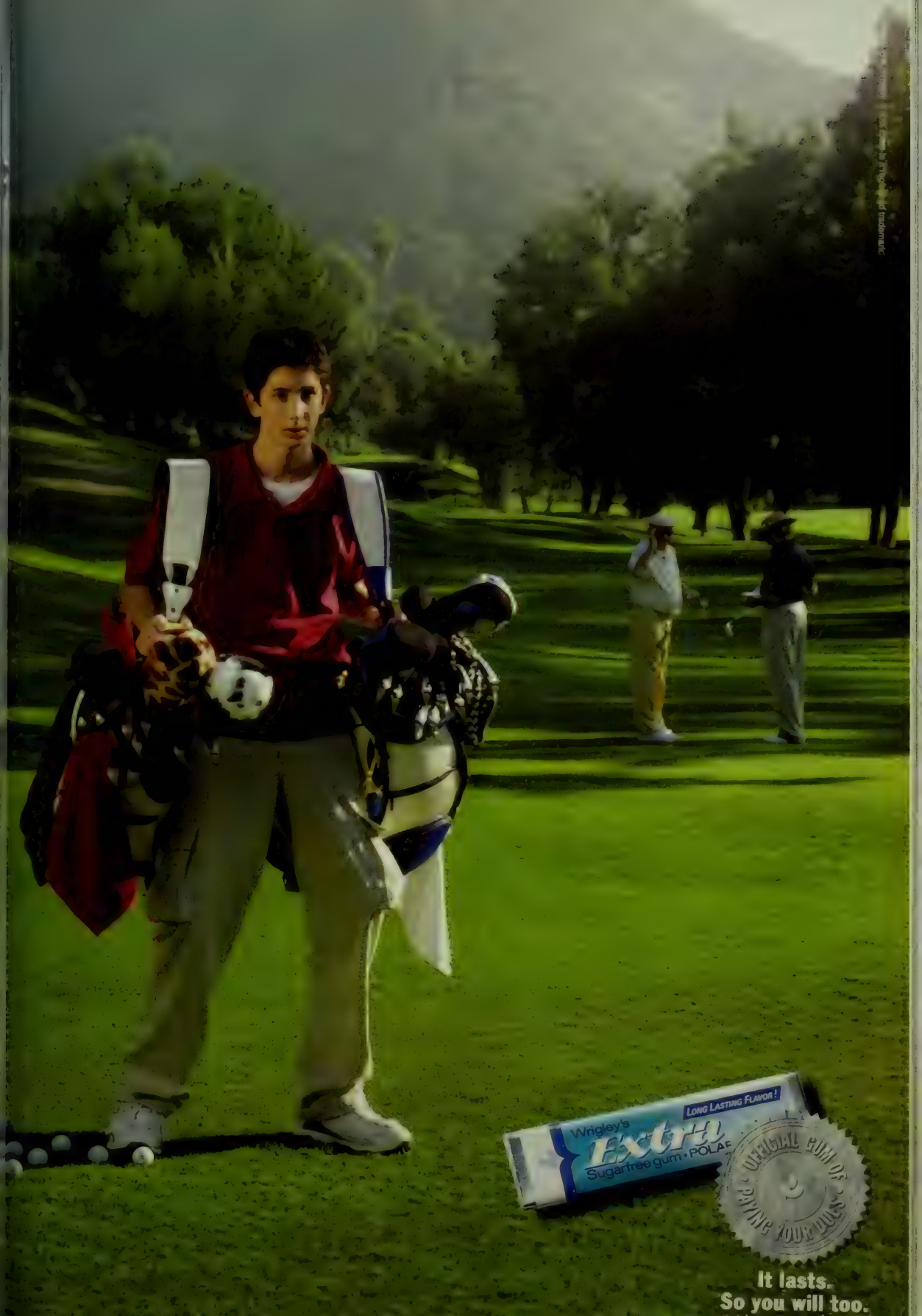


Kids can take turns riding in the wagon, driving teams of horses, or riding point on the way to camp.

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LIVING HISTORY

- The Oregon Trail is one of nine national historic trails. Others include the Trail of Tears, Santa Fe, Mormon, Lewis and Clark, and Overmountain Victory. For brochures, maps, or more information, call 202/208-4747, or write to Long Distance Trails Manager, Office of Public Affairs, National Park Service, P.O. Box 37127, Washington, DC 20013.
- The Mystic Seaport Museum in Mystic, Connecticut, is the country's largest maritime museum. Visit the whaling ship Morgan, the shipyard, and the village to learn about seafaring history. Admission: $17 for adults; $9 for youth ages 6 to 12. Call 860/572-5322, or visit the Web site at www.mysticseaport.org.
- Relive the history of the Civil War by attending one of the many reenactments throughout the summer. For a calendar, click on www.cwc.lsu.edu/cwc/events.htm.



It lasts.
So you will too.



Gardens, naturally

Families that love nature but get squeamish at the site of a portable toilet will appreciate Callaway Gardens. Just an hour south of Atlanta, this family-friendly spot combines down-and-dirty outdoor fun with resort living.

Nearly 1 million people visit the 14,000-acre gardens each year. Nestled in the peaceful terrain of the Appalachian Mountain foothills, Callaway Gardens encourages guests to explore the environment and gain a better understanding of the living world.

There are myriad ways to get in touch with nature here. Kids adore the experiences they have in the Cecil B. Day Butterfly Center, a large glass-enclosed tropical conservatory, where thousands of butterflies and hummingbirds fly freely among tropical plants.

Those who are more adventurous will love the gardens' Birds of Prey show. This outdoor show gives visitors an up-close view of some of the fastest raptors on Earth, such as hawks, owls, eagles, and falcons.

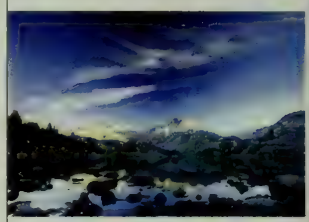
Nearby is the 40-acre Azalea Bowl, which captures Mother Nature at her most beautiful. With more than 5,000 hybrid and native azaleas, the garden erupts each spring with a colorful palette of pinks, reds, and whites. Providing foliage and blooms throughout the year are 2,000 trees and shrubs. Also popular at Callaway is Mr. Cason's Vegetable Garden, the 7.5-acre garden that serves as the setting for the PBS show, *The Victory Garden*.

During the summer, families chill out on a sunny and sandy beach right in the middle of Georgia. Callaway has created a white-sand beach that stretches a mile around the 65-acre Robin Lake. In addition to swimming and sunbathing here, guests may enjoy miniature golf, table tennis, volleyball, and paddleboats. Families will also enjoy performances by Florida State University's "Flying High" Circus. This troupe of college students performs eight shows a week under the big top adjacent to Robin Lake Beach.

Vacationers will also enjoy Callaway's 10-mile Discovery Bicycle Trail, as well as a fly-fishing program.

One-day tickets are $12 for adults, $6 for children ages 6-12, and free for children under 6. A weekly Summer Family Adventure package is also available. For more information, call Callaway at 800/225-5292, or visit the garden's Web site at www.callaway gardens.com.





NATURE

- Visit a salt-marsh ecosystem in South Carolina. The low country area is home to some of the most unspoiled marshes in the world. It also is remarkably easy to explore from a Beaufort base. Guided pontoon boat and kayak tours of the ACE Basin—the vast wilderness area etched by the Ashepoo, Combahee, and Edisto rivers—allow visitors to photograph birds and wildlife in their natural habitats. Call ACE Basin Tourism at 888/814-3129, or visit www.acebasintours.com.
- The Wind River Mountain Range of Wyoming, part of the Shoshone National Forest, boasts the largest active glaciers in the lower 48 states, alpine lakes teeming with wild trout, abundant wildlife, and challenging mountain and rock climbing. The Diamond Four Ranch sits in the midst of this 100,000-acre classroom. Families can ride horses, fish, and take hikes. Guided pack trips are available. Rates: $260 per day per adult, $210 per day per child. Call 307/332-2995, or visit their Web site at www.diamond4ranch.com.

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Text by Doris Athineos · Photography by Judy Olausen



Long journey home

After spending nearly half a year in a smoky, mouse-infested, frontier log cabin without electricity or toilets that flush—poised at the edge of their endurance—the Clune family of six returned to California and their newly built, cliff-hugging home overlooking the Pacific Ocean. Standing at a dining room window framed by palm trees, Adrienne Clune swirls a glass of merlot and gazes at the sun slipping into the sea.

"I certainly didn't prefer life on the frontier," Adrienne confides, "but there were aspects of it that I found were better than what I have here. Since we've returned, possessions have become meaningless, and family and friends are meaningful. I used to worry about robbery and fire, but that fear went away completely. I don't fear losing things anymore. I realize I can live a very simple life."



***Frontier House* project reaches its final days, family members take quiet walks to savor the beauty of Montana.**

The Clunes are one of three families who, for five months, became 1880s homesteading pioneers as part of an elaborate TV production. The show, *Frontier House*, was produced by public television station WNET in New York City. Having returned to 21st-century civilization and resumed their normal lives, the participants have found that things have changed. Not outwardly, perhaps. After all, their homes still sit on the same streets, their schools still mete out plenty of homework, and their grocery stores still stock cookie dough ice cream in familiar freezer compartments. But life on the frontier transformed them. Deep in the Montana wilderness, stripped of their possessions and left only with their ingenuity, these families came face-to-face with the realities of survival. The experience has changed the way they raise their children, spend their money, and order their priorities.

Adrienne Clune doesn't even appear the same. The classically trained chef cried when she was told by the production crew that pioneering women didn't wear lipstick or mascara and neither could she. "I was very dependent on cosmetics," admits Adrienne. "When my makeup was taken away, I looked at myself differently. I began to see other types of beauty were more important than anything I could paint on with a brush. My whole attitude toward beauty changed completely." Now her morning makeup often consists only of tinted sunscreen, but the results have even caught the eye of a local liquor-store sales clerk who recently asked the bare-faced beauty for identification. "It's funny that all these years I've been wearing makeup to try and look younger and I get carded when I'm not wearing any at all," she says.







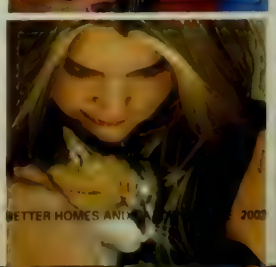


The Clunes as pioneers (*left*) and in the 21st century (*from top right*): Justin, Adrienne, Gordon, Conor, Aine, and Tracy.

Before Montana, the Clunes thought quality time meant taking their children to the movies or spending an afternoon looking for antiques. Now the Clune clan schedules far fewer activities and shares more everyday household tasks. "I can't think of a better way to spend time with my children than working side by side," says Gordon Clune, president of a family-owned manufacturing company. "We roll up our sleeves on the weekend and weed, mow the lawn, or build shelves in the garage." However, Gordon admits that sometimes the children offer familiar protests, but the point is to achieve a common goal—a valuable lesson they learned in the mountains and still hold dear.







"In Montana, the children took pride in little accomplishments and it added up and made us all feel good," he says.

"We noticed that the children felt better about themselves when they had responsibilities," says Adrienne.

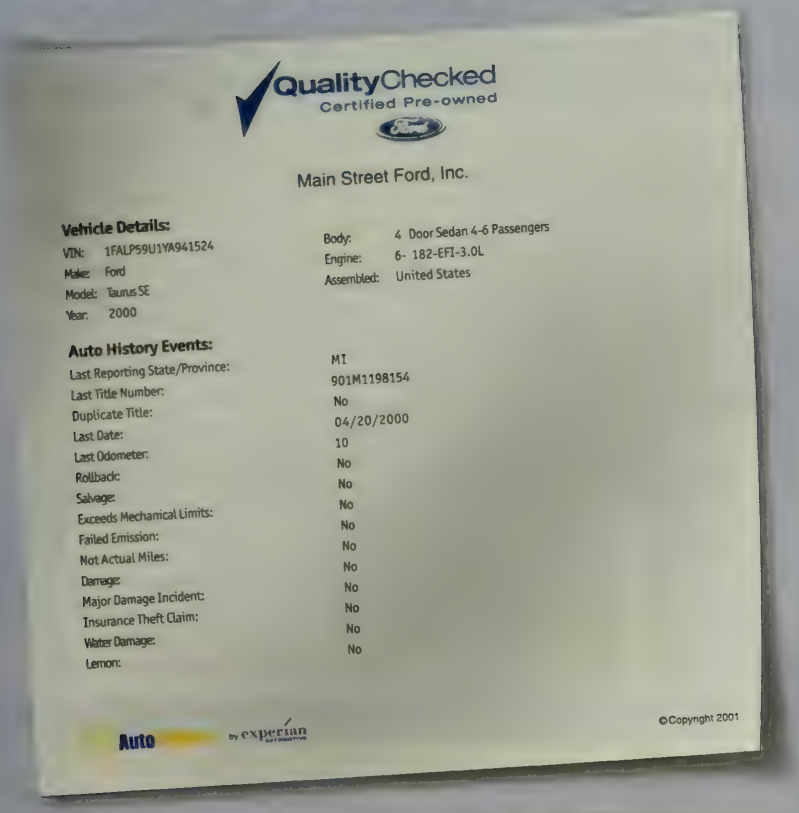
Teenage daughter Aine agrees. "My folks used to think that driving around looking at antiques was fun for everybody," she says, "but it was really boring. Now, I'd much rather build something together."

Gordon and the children now dream of finding a piece of land and working together to re-create their Montana log cabin, which was dismantled after the production ended and is now displayed at the Frontier House Museum in Nevada City, Montana. "But the next time around I want to use a chain saw," Gordon says, recalling the back-breaking task of sawing logs by hand. As a father who often goes off to work in a suit and tie, Gordon admits that he misses many aspects of the raw physical toil that the family endured together out on the frontier.

"In the 21st century," he observes, "my family doesn't see what goes on at work. They're isolated from the activity. But on the frontier, I felt a great sense of accomplishment as a provider. My wife and children could

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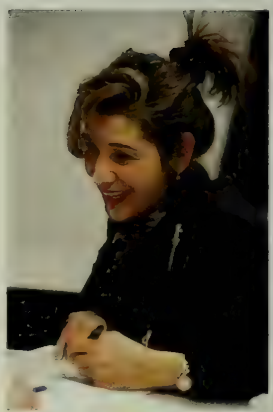
see what I do." Until Gordon is ready to invest money in land for a cabin, he plans to build a shed in the backyard and, perhaps, harvest grapes with Aine. "It was her idea," he says proudly.

While children on the frontier learned how to milk cows and churn butter, parents learned how wise 12-year-olds can be. When the Clunes first arrived at the homestead, they didn't have a roof over their head. They slept fitfully in leaky tents for the first five weeks until the cabin was built. "I was joking with Justin and asked him, 'What does it feel like to be poor?' He said, 'We're not poor, Dad. We've got each other.' Wow. I didn't expect that. Our children really have something valuable to offer," Gordon says.



At its best, living in one-room log cabins knit families together. "My mom was like my best friend in the whole world," says Erinn Patton, 12, who, back home in Tennessee, finds it easier to play more—and squabble less—with her 9-year-old brother, Logan. Her mom, Karen Glenn, isn't surprised by the change. "On the frontier, there was no telephone, no TV, no computer, and no PlayStation," says Karen. "We would wake up together, clean together, work together, and laugh together. We survived because we did everything together."

Karen, a registered nurse, admits it's difficult to re-create that experience back home. Still, she tries. "Take a night to turn off the TV and unplug the phone," she counsels. "Even if there's no conversation and everyone just sits quietly or falls asleep. To bring the focus back to the family requires saying no to diversions."





he Glenn cabin buzzes (*above*); Mark as mountain man (*below*). *From top right:* Karen, Erinn, Mark, and Logan back home.



Despite the newfound perspectives on family life, living on the range couldn't guarantee harmony back home. After four years of marriage, Karen and husband Mark have filed for divorce.

"Living in a one-room log cabin didn't cause the outcome," explains Karen, "but the frontier experience brought problems to fruition and reminded me that I have options. In 1883, women were trapped. But in the modern world, women are empowered to be masters of their own destinies."

Before life on the Montana frontier, Mark taught anatomy and physiology at a community college in Tennessee. But becoming a self-sufficient homesteader convinced Mark to give up academia and go his own way. "Now I don't want anyone telling me what to do," he says. "I don't want to depend on someone else for a paycheck. And by being happy, I can actually work better." As an independent medical consultant who sets his own hours, Mark is not only more satisfied with his work, but also makes more money. "Montana taught me to rely on myself and not let anyone else decide my fate," he says with conviction.

For Nate and Kristen Brooks, who were wed in Montana during the *Frontier House* production, the austere frontier life served to underscore

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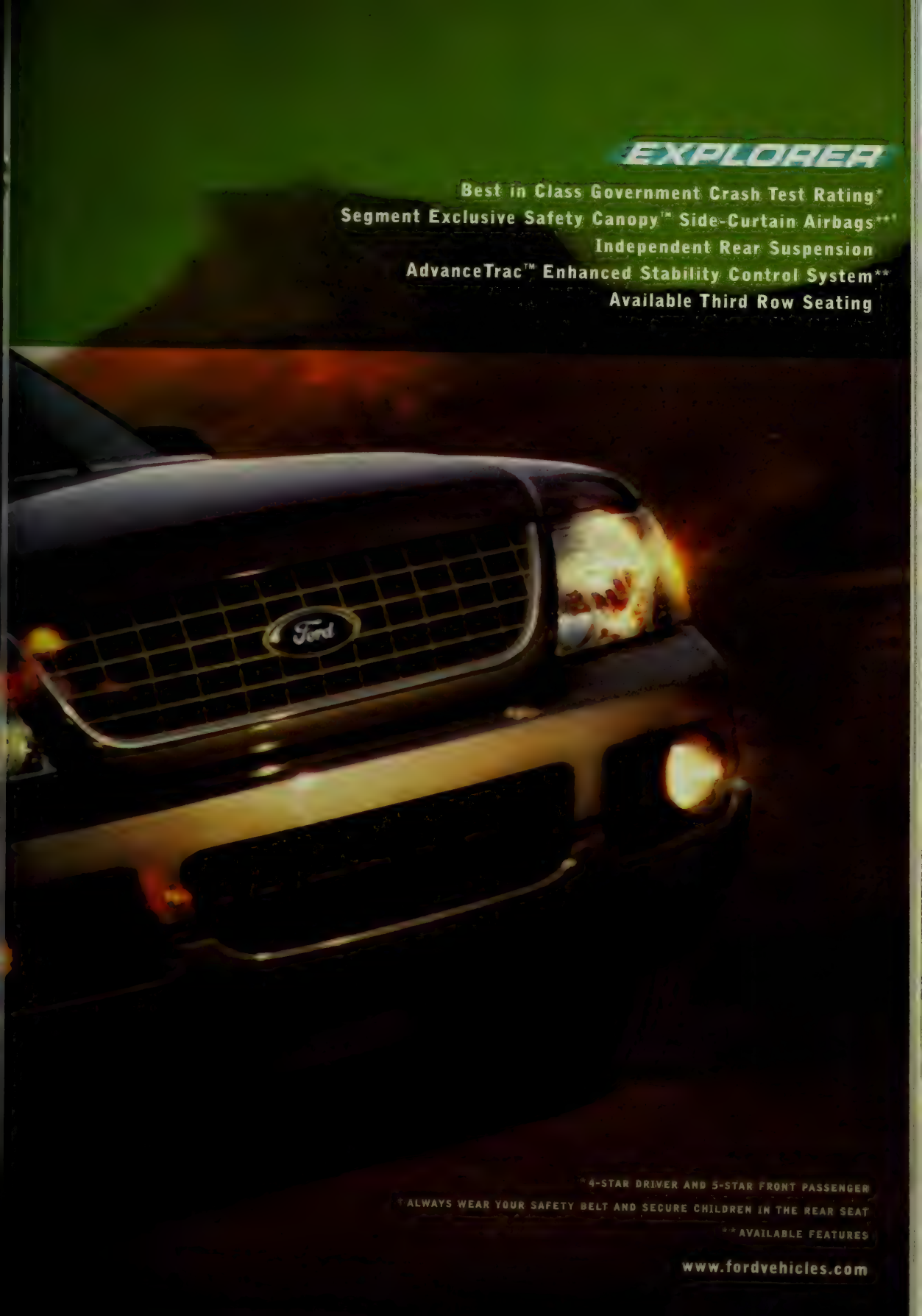
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many of the feelings they had even before they joined the WNET adventure.

"The *Frontier House* confirms how simply we can live," says Kristen Brooks, a social worker. "It's an illusion that you need to earn more money to have more. The truth is that you can have more freedom by buying less." A washing machine, however, is one appliance that Kristen won't do without. Nor would she willingly forgo her morning ablutions anytime soon. "I didn't realize how much I missed taking a hot shower until I got home," says Kristen, who went for





Kristen and Nate in the 19th century (*below*). Relaxing in Salt Lake City (*above*). Contemporary Kristen is all smiles (*bottom*).

a makeover at the Clinique counter as soon as she returned to civilization. "It made a big difference to put gel in my hair and pop in my contacts. I felt really good."

The frontier forced families to stretch their bodies, minds, and budgets. They visited the general store only once every five weeks, meaning they made do with less. "We didn't have any trash on the frontier at all," says Kristen, still astonished by the fact that peach cans were turned into cooking pots, the lids became wind chimes, and the labels were used for writing paper. Back in the 21st century, the Brooks try to keep the spirit of recycling alive. "I even wash out and reuse my plastic baggies," says Kristen.

Frugality has proved intoxicating. "In the modern world we have access to so much," points out Nate Brooks, an instructor for the National Outdoor Leadership School. "But the frontier experience was profound in the fact that we didn't have a whole lot of things and, at times, we were happier than we've ever been."

By simplifying life, the Brooks find they enjoy it more. "The experience was an affirmation that Kristen and I are doing things that are right for us," explains Nate. "We tend to spend money on things that bring us a lot of joy. For us, the priority is travel. From some folks' perspective, we may be living an extravagant lifestyle. But we don't own a car, cell phones, or have a mortgage."

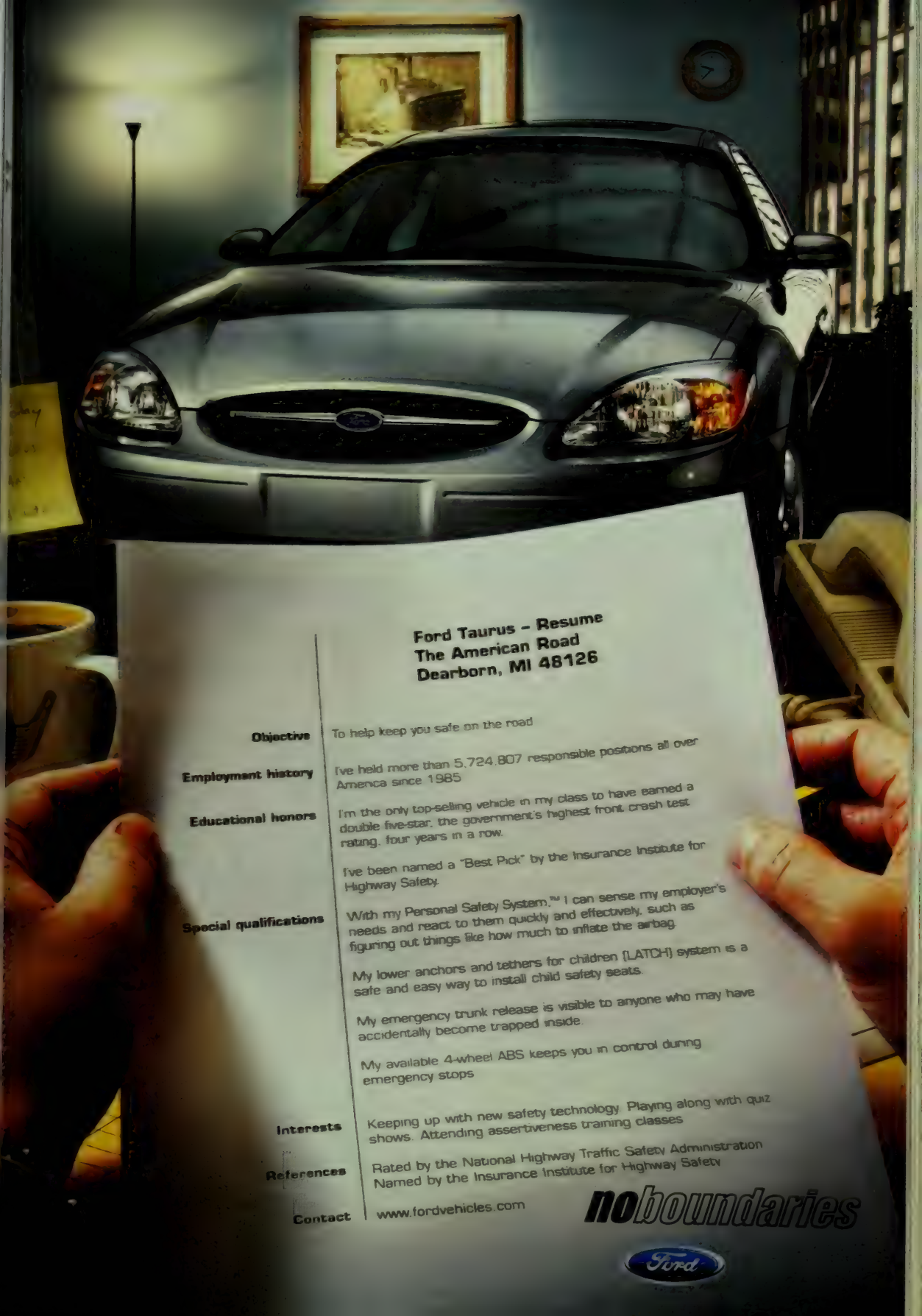
If you think you need to go back in time or move to rural Montana to find happiness, Kristen has news. "I thought if I could just see the mountains I would find inner peace and serenity, but it's not true," she says. "You better be happy in your head or the mountains don't matter." ⌂





View re-creations of the *Frontier House* cabins at The Frontier House Museum, located on Hwy. 287 in Nevada City, Montana, a town that features more than 100 salvaged historical buildings. For more information, call The Montana Heritage Commission at 406/843-5247, or visit the Web site at www.visitmt.com.

See slide shows about frontier life, take our interactive poll, and learn more about this American Family feature by clicking to our bonus coverage at www.bhg.com/frontier.


Ford Taurus – Resume
The American Road
Dearborn, MI 48126
Objective
To help keep you safe on the road
Employment history
I've held more than 5,724,807 responsible positions all over America since 1985
Educational honors
I'm the only top-selling vehicle in my class to have earned a double five-star, the government's highest front crash test rating, four years in a row.
I've been named a "Best Pick" by the Insurance Institute for Highway Safety.
Special qualifications
With my Personal Safety System,™ I can sense my employer's needs and react to them quickly and effectively, such as figuring out things like how much to inflate the airbag.
My lower anchors and tethers for children (LATCH) system is a safe and easy way to install child safety seats.
My emergency trunk release is visible to anyone who may have accidentally become trapped inside.
My available 4-wheel ABS keeps you in control during emergency stops
Interests
Keeping up with new safety technology. Playing along with quiz shows. Attending assertiveness training classes
References
Rated by the National Highway Traffic Safety Administration
Named by the Insurance Institute for Highway Safety
Contact
www.fordvehicles.com
noboundaries
Ford

waterfront wonderland

by Craig Summe Black

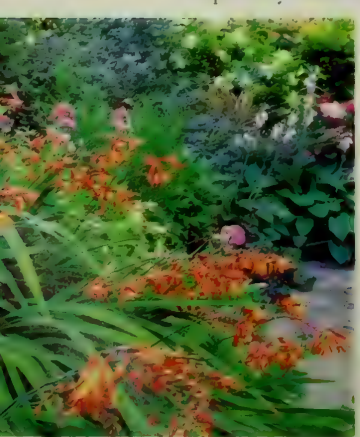
A sweeping buffer of rosemary and lavender along Dione Hayes' property line (*left*) easily weathers the salt spray. Dione's stone patio (*below*) was installed after fighting soggy conditions in the vast lawn. Crocosmia, hydrangea, sedum, and hosta (*below left*) stand up to Pacific Northwest storms.

Sun, sand, and surf are great on bare feet but, far too often, death for plants.

"You have to pick plants that don't mind salt spray and that tolerate the wind," says Dione Hayes, who gardens with husband David on Boston Harbor in Olympia, Washington. "And try to make windbreaks wherever you can."



Dione's garden takes a beating, especially when pummeled by winter's "sideways rain," but there are some advantages to gardening on South Puget Sound. "I don't think the sound is as salty as the ocean," she says. "And we're a lot warmer than the rest of Olympia, so we're able to have plants like *Drimys winteri* (winter's bark), which is native to Chile."



Dione is especially fond of the tough but gorgeous rugosa roses, such as Blanc Double de Coubert (white) and Hansa (pink), as well as *Rosa glauca* (pink flowers, red canes). "Arbutus, the hedge, does great too." Despite the landscape limitations, she says, "I've always had a desire to live on the water."



Today's Purple Pill is NEXIUM

from the makers of Prilosec®(omeprazole)

Relieve the heartburn Heal the damage

For many, it's possible with NEXIUM.

If you suffer from persistent heartburn 2 or more days a week, even though you've treated it and changed your diet, it may be due to acid reflux disease. And that can be serious. Because, over time, acid reflux can erode or wear away the delicate lining of your esophagus (erosive esophagitis). Only a doctor can determine if you have this damage.

Control heartburn for 24 hours.

For many people, prescription NEXIUM—once daily—provides complete resolution of heartburn symptoms and heals damaging erosions of the esophagus caused by acid reflux disease. Your results may vary.

Talk with your doctor or health care professional to see if NEXIUM is right for you. Most erosions heal in 4 to 8 weeks with NEXIUM.

The most common side effects of NEXIUM and Prilosec are headache, diarrhea, and abdominal pain. Symptom relief does not rule out serious stomach conditions.

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ad the important Product Information about NEXIUM
ec on the following page and discuss it with your doctor

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Nexium®
(esomeprazole magnesium)

Please read this summary carefully, and then ask your doctor about NEXIUM and PRILOSEC. No advertisement can provide all the information needed to prescribe a drug. This advertisement does not take the place of careful discussions with your doctor. *Only your doctor* has the training to weigh the risks and benefits of a prescription drug for you.

Nexium® *(esomeprazole magnesium)*
20-MG, 40-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing NEXIUM, please see full Prescribing Information. **INDICATIONS AND USAGE** NEXIUM is indicated for the short-term treatment (4 to 8 weeks) in the healing and symptomatic resolution of diagnostically confirmed erosive esophagitis. **CONTRAINDICATIONS** NEXIUM is contraindicated in patients with known hypersensitivity to any component of the formulation or to substituted benzimidazoles. **PRECAUTIONS** Symptomatic response to therapy with NEXIUM does not preclude the presence of gastric malignancy. Atrophic gastritis has been noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole, of which NEXIUM is an enantiomer. **Information for Patients:** NEXIUM Delayed-Release Capsules should be taken at least one hour before meals. For patients who have difficulty swallowing capsules, one tablespoon of applesauce can be added to an empty bowl and the capsule opened, and the pellets carefully emptied onto the applesauce. The pellets should be mixed with the applesauce and then swallowed immediately. The applesauce used should not be hot and should be soft enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellet/applesauce mixture should not be stored for future use. Antacids may be used while taking NEXIUM. **DRUG INTERACTIONS** Esomeprazole is extensively metabolized in the liver by CYP2C19 and CYP3A4. *In vitro* and *in vivo* studies have shown that esomeprazole is not likely to inhibit CYPs 1A2, 2A6, 2C9, 2D6, 2E1 and 3A4. No clinically relevant interactions with drugs metabolized by these CYP enzymes would be expected. Drug interaction studies have shown that esomeprazole does not have any clinically significant interactions with phenytoin, warfarin, quinidine, clarithromycin or amoxicillin. Esomeprazole may potentially interfere with CYP2C19, the major esomeprazole-metabolizing enzyme. Coadministration of esomeprazole 30 mg and diazepam, a CYP2C19 substrate, resulted in a 45% decrease in clearance of diazepam. Increased plasma levels of diazepam were observed 12 hours after dosing and onwards. However, at that time, the plasma levels of diazepam were below the therapeutic interval, and thus this interaction is unlikely to be of clinical relevance. Coadministration of oral contraceptives, diazepam, phenytoin, or quinidine did not seem to change the pharmacokinetic profile of esomeprazole. Esomeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that esomeprazole and omeprazole may interfere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicillin esters, digoxin, and iron salts). **Carcinogenesis, Mutagenesis, Impairment of Fertility:** The carcinogenic potential of esomeprazole was assessed using omeprazole studies. In two 24-month carcinogenicity studies in rats, omeprazole at daily doses of 1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (about 0.7 to 57 times the human dose of 20 mg/day expressed on a body surface area basis) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of this effect was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untreated rat. In addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were treated with 13.8 mg omeprazole/kg/day (about 5.6 times the human dose on a body surface area basis) for 1 year, then followed for an additional year without the drug. No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the end of 1 year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46% vs 26%) but still showed more hyperplasia in the treated group. Gastric adenocarcinoma was seen in one rat (2%). No similar tumor was seen in male or female rats treated for 2 years. For this strain of rat no similar tumor has been noted historically, but a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show increased tumor occurrence, but the study was not conclusive. Esomeprazole was negative in the Ames mutation test, in the *in vivo* rat bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. Esomeprazole, however, was positive in the *in vitro* human lymphocyte chromosome aberration test. Omeprazole was positive in the *in vitro* human lymphocyte chromosome aberration test, the *in vivo* mouse bone marrow cell chromosome aberration test, and the *in vivo* mouse micronucleus test. The potential effects of esomeprazole on fertility and reproductive performance were assessed using omeprazole studies. Omeprazole at oral doses up to 138 mg/kg/day in rats (about 56 times the human dose on a body surface area basis) was found to have no effect on reproductive performance of parental animals. **Pregnancy:** *Teratogenic Effects. Pregnancy Category B* - Teratology studies have been performed in rats at oral doses up to 280 mg/kg/day (about 57 times the human dose on a body surface area basis) and in rabbits at oral doses up to 86 mg/kg/day (about 35 times the human dose on a body surface area basis) and have revealed no evidence of impaired fertility or harm to the fetus due to esomeprazole. There are, however, no adequate and well-controlled studies in pregnant women. Because animal reproduction studies are not always predictive of human response, this drug should be used during pregnancy only if clearly needed. Teratology studies conducted with omeprazole in rats at oral doses up to 138 mg/kg/day (about 56 times the human dose on a body surface area basis) and in rabbits at doses up to 69 mg/kg/day (about 56 times the human dose on a body surface area basis) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits, omeprazole in a dose range of 6.9 to 69.1 mg/kg/day (about 5.5 to 56 times the human dose on a body surface area basis) produced dose-related increases in embryo-lethality, fetal resorptions, and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal developmental toxicity were observed in offspring resulting from parents treated with omeprazole at 13.8 to 138.0 mg/kg/day (about 5.6 to 56 times the human doses on a body surface area basis). There are no adequate and well-controlled studies in pregnant women. Sporadic reports have been received of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. **Nursing Mothers:** The excretion of esomeprazole in milk has not been studied. However, omeprazole concentrations have been measured in breast milk of a woman following oral administration of 20 mg. Because esomeprazole and omeprazole are likely to be excreted in human milk, and because of the potential for serious adverse reactions in nursing infants from esomeprazole and because of the potential for tumorigenicity shown for omeprazole in rat carcinogenicity studies, a decision should be made to discontinue the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the total number of patients who received NEXIUM in clinical trials, 778 were 65 to 74 years of age and 124 patients were ≥ 75 years of age. No overall differences in safety and efficacy were observed between the elderly and younger individuals, and other reported clinical experience has not identified differences in responses between the elderly and younger patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** The safety of NEXIUM was evaluated in over 10,000 patients (aged 18-84 years) in clinical trials worldwide including over 7,400 patients in the United States and over 2,600 patients in Europe and Canada. Over 2,900 patients were treated in long-term studies for up to 6-12 months. In general, NEXIUM was well tolerated in both short- and long-term clinical trials. The safety in the treatment of healing of erosive esophagitis was assessed in four randomized comparative clinical trials, which included 1,240 patients on NEXIUM 20 mg, 2,434 patients on NEXIUM 40 mg, and 3,008 patients on omeprazole 20 mg daily. The most frequently occurring adverse events (≥1%) in all three groups was headache (5.5, 5.0, and 3.8, respectively) and diarrhea (no difference among the three groups). Nausea, flatulence, abdominal pain, constipation, and dry mouth occurred at similar rates among patients taking NEXIUM or omeprazole. Additional adverse events that were reported as possibly or probably related to NEXIUM with an incidence < 1% are listed below by body system: ***Body as a Whole:*** abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; ***Cardiovascular:*** flushing, hypertension, tachycardia; ***Endocrine:*** goiter; ***Gastrointestinal:*** bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms NOS, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; ***Hearing:*** earache, tinnitus; ***Hematologic:*** anemia, anemia hypochromic, cervical lymphoadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; ***Hepatic:*** bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; ***Metabolic/Nutritional:*** glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; ***Musculoskeletal:*** arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; ***Nervous System/Psychiatric:*** anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated, paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; ***Reproductive:*** dysmenorrhea, menstrual disorder, vaginitis; ***Respiratory:*** asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; ***Skin and Appendages:*** acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; ***Special Senses:*** otitis media, parosmia, taste loss, taste perversion; ***Urogenital:*** abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; ***Visual:*** conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration. Other adverse events not observed with NEXIUM, but occurring with omeprazole can be found in the omeprazole package insert. **OVERDOSAGE** A single oral dose of esomeprazole at 510 mg/kg (about 103 times the human dose on a body surface area basis), was lethal to rats. The major signs of acute toxicity were reduced motor activity, changes in respiratory frequency, tremor, ataxia, and intermittent clonic convulsions. There have been no reports of overdose with esomeprazole. Reports have been received of overdosage with omeprazole in humans. Doses ranged up to 2,400 mg (120 times the usual recommended clinical dose). Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, diaphoresis, flushing, headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience (see omeprazole package insert-**ADVERSE REACTIONS**). No specific antidote for esomeprazole is known. Since esomeprazole is extensively protein bound, it is not expected to be removed by dialysis. In the event of overdosage, treatment should be symptomatic and supportive. As with the management of any overdose, the possibility of multiple drug ingestion should be considered. For current information on treatment of any drug overdose, a certified Regional Poison Control Center should be contacted. Telephone numbers are listed in the Physicians' Desk Reference (PDR) or local telephone book.

Prilosec® *(omeprazole)*
20-MG Delayed-Release Capsules

BRIEF SUMMARY Before prescribing PRILOSEC, please see full Prescribing Information. **INDICATIONS AND U**
Erosive Esophagitis: PRILOSEC Delayed-Release Capsules are indicated for the short-term treatment (4-8 weeks) in the healing o
esophagitis, which has been diagnosed by endoscopy. **CONTRAINDICATIONS Omeprazole** PRILOSEC Delaye
Capsules are contraindicated in patients with known hypersensitivity to any component of the formulation. **PRECAU**
Symptomatic response to therapy with omeprazole does not preclude the presence of gastric malignancy. Atrophic gastritis
noted occasionally in gastric corpus biopsies from patients treated long-term with omeprazole. **Information for Pa**
PRILOSEC Delayed-Release Capsules should be taken before eating and should not be opened, chewed or crushed, and should
lowed whole. For patients who have difficulty swallowing capsules, the contents of a PRILOSEC Delayed-Release Capsule can
to applesauce. One tablespoon of applesauce should be added to an empty bowl and the capsule should be opened. All of the pell
the capsule should be carefully emptied on the applesauce. The pellets should be mixed with the applesauce and then swallow
diately with a glass of cool water to ensure complete swallowing of the pellets. The applesauce used should not be hot and shou
enough to be swallowed without chewing. The pellets should not be chewed or crushed. The pellets/applesauce mixture shou
stored for future use. **DRUG INTERACTIONS** *Other* Omeprazole can prolong the elimination of diazepam, warfarin and p
drugs that are metabolized by oxidation in the liver. Although in normal subjects no interaction with theophylline or propranolol w
there have been clinical reports of interaction with other drugs metabolized via the cytochrome P-450 system (eg, cyclospori
firam, and benzodiazepines). Patients should be monitored to determine if it is necessary to adjust the dosage of these drugs w
concomitantly with PRILOSEC. Omeprazole inhibits gastric acid secretion, therefore, it is theoretically possible that omeprazole
fere with absorption of drugs where gastric pH is an important determinant of their bioavailability (eg, ketoconazole, ampicill
digoxin, and iron salts). In clinical trials, antacids were used concomitantly with the administration of PRILOSEC. **Carcinog**
Mutagenesis, Impairment of Fertility: In two 24-month carcinogenicity studies in rats, omeprazole at daily
1.7, 3.4, 13.8, 44.0 and 140.8 mg/kg/day (approximately 4 to 352 times the human dose, based on a patient weight of 50 kg and
dose of 20 mg) produced gastric ECL cell carcinoids in a dose-related manner in both male and female rats; the incidence of
was markedly higher in female rats, which had higher blood levels of omeprazole. Gastric carcinoids seldom occur in the untrea
addition, ECL cell hyperplasia was present in all treated groups of both sexes. In one of these studies, female rats were tre
13.8 mg omeprazole/kg/day (approximately 35 times the human dose) for one year, then followed for an additional year without
No carcinoids were seen in these rats. An increased incidence of treatment-related ECL cell hyperplasia was observed at the e
year (94% treated vs 10% controls). By the second year the difference between treated and control rats was much smaller (46%
but still showed more hyperplasia in the treated group. An unusual primary malignant tumor in the stomach was seen in one rat
similar tumor was seen in male or female rats treated for two years. For this strain of rat no similar tumor has been noted histor
a finding involving only one tumor is difficult to interpret. A 78-week mouse carcinogenicity study of omeprazole did not show
tumor occurrence, but the study was not conclusive. Omeprazole was not mutagenic in an *in vitro* Ames *Salmonella typhimuri*
an *in vitro* mouse lymphoma cell assay and an *in vivo* rat liver DNA damage assay. A mouse micronucleus test at 625 and 6250
human dose gave a borderline result, as did an in vivo bone marrow chromosome aberration test. A second mouse micronucl
at 2000 times the human dose, but with different (suboptimal) sampling times, was negative. In a rat fertility and general re
performance test, omeprazole in a dose range of 13.8 to 138.0 mg/kg/day (approximately 35 to 345 times the human dose) was
or deleterious to the reproductive performance of parental animals. **Pregnancy:** *Category C* - Teratology studies conducte
nant rats at doses up to 138 mg/kg/day (approximately 345 times the human dose) and in pregnant rabbits at doses up to
(approximately 172 times the human dose) did not disclose any evidence for a teratogenic potential of omeprazole. In rabbits
zole in a dose range of 6.9 to 69.1 mg/kg/day (approximately 17 to 172 times the human dose) produced dose-related in
embryo-lethality, fetal resorptions and pregnancy disruptions. In rats, dose-related embryo/fetal toxicity and postnatal deve
toxicity were observed in offspring resulting from parents treated with omeprazole 13.8 to 138.0 mg/kg/day (approxima
345 times the human dose). There are no adequate or well-controlled studies in pregnant women. Sporadic reports have bee
of congenital abnormalities occurring in infants born to women who have received omeprazole during pregnancy. Omeprazole
used during pregnancy only if the potential benefit justifies the potential risk to the fetus. **Nursing Mothers:** It is not know
omeprazole is excreted in human milk. In rats, omeprazole administration during late gestation and lactation at doses
138 mg/kg/day (35 to 345 times the human dose) resulted in decreased weight gain in pups. Because many drugs are excreted
milk, because of the potential for serious adverse reactions in nursing infants from omeprazole, and because of the potential f
genicity shown for omeprazole in rat carcinogenicity studies, a decision should be made whether to discontinue nursing or to d
the drug, taking into account the importance of the drug to the mother. **Pediatric Use:** Safety and effectiveness in pediatr
have not been established. **Geriatric Use:** No overall differences in safety and efficacy were observed between the e
younger individuals, and other reported clinical experience has not identified differences in responses between the elderly an
patients, but greater sensitivity of some older individuals cannot be ruled out. **ADVERSE REACTIONS** In the U.S. clinical
lation of 465 patients (including duodenal ulcer, Zollinger-Ellison syndrome and resistant ulcer patients), the following adver
ences were reported to occur in 1% or more of patients on therapy with PRILOSEC. Numbers in parentheses indicate percenta
adverse experiences considered by investigators as possibly, probably or definitely related to the drug.

	Omeprazole (n=465)	Placebo (n=64)	Ranitidine (n=1
Headache	6.9 (2.4)	6.3	7.7 (2.6)
Diarrhea	3.0 (1.9)	3.1 (1.6)	2.1 (0.5)
Abdominal Pain	2.4 (0.4)	3.1	2.1
Nausea	2.2 (0.9)	3.1	4.1 (0.5)
URI	1.9	1.6	2.6
Dizziness	1.5 (0.6)	0.0	2.6 (1.0)
Vomiting	1.5 (0.4)	4.7	1.5 (0.5)
Rash	1.5 (1.1)	0.0	0.0
Constipation	1.1 (0.9)	0.0	0.0
Cough	1.1	0.0	1.5
Asthenia	1.1 (0.2)	1.6 (1.6)	1.5 (1.0)
Back Pain	1.1	0.0	0.5

The following adverse reactions which occurred in 1% or more of omeprazole-treated patients have been reported in internation
blind, and open-label, clinical trials in which 2,631 patients and subjects received omeprazole and 120 patients took a placebo
relationship was not assessed. The percentages are given omeprazole then placebo, respectively. *Body as a Whole, site un*
Abdominal Pain 5.2% and 3.3%; Asthenia 1.3% and 0.8%. *Digestive System:* Constipation 1.5 and 0.8, Diarrhea 3.7 and 2.5;
2.7 and 5.8; Nausea 4.0 and 6.7; Vomiting 3.2 and 10.0; Acid regurgitation 1.9 and 3.3. *Nervous System/Psychiatric:* Headac
2.5. Additional adverse experiences occurring in < 1% of patients or subjects in domestic and/or international trials, or occu
the drug was marketed, are shown below within each body system. In many instances, the relationship to PRILOSEC was unc
As a Whole: Allergic reactions, including, rarely, anaphylaxis (see also *Skin* below), fever, pain, fatigue, malaise, abdomina
Cardiovascular: Chest pain or angina, tachycardia, bradycardia, palpitation, elevated blood pressure, peripheral edema. *Gastr*
Pancreatitis (some fatal), anorexia, irritable colon, flatulence, fecal discoloration, esophageal candidiasis, mucosal atrophy of t
dry mouth. During treatment with omeprazole, gastric fundic gland polyps have been noted rarely. These polyps are benign an
be reversible when treatment is discontinued. Gastroduodenal carcinoids have been reported in patients with ZE syndrome on
treatment with PRILOSEC. This finding is believed to be a manifestation of the underlying condition, which is known to be asso
such tumors. *Hepatic:* Mild and, rarely, marked elevations of liver function tests (ALT (SGPT), AST (SGOT), γ-glutamyl trans
alkaline phosphatase, and bilirubin (jaundice)). In rare instances, overt liver disease has occurred, including hepatocellular, cho
mixed hepatitis, liver necrosis (some fatal), hepatic failure (some fatal), and hepatic encephalopathy. *Metabolic/Nutritional:* Hyp
hypoglycemia, weight gain. *Musculoskeletal:* Muscle cramps, myalgia, muscle weakness, joint pain, leg pain. *Nervous*
Psychiatric: Psychic disturbances including depression, aggression, hallucinations, confusion, insomnia, nervousness, tremo
somnolence, anxiety, dream abnormalities, vertigo, paresthesia, hemifacial dysesthesia. *Respiratory:* Epistaxis, pharyngeal
Rash and, rarely, cases of severe generalized skin reactions including toxic epidermal necrolysis (TEN; some fatal), Steven
syndrome, and erythema multiforme (some severe); purpura and/or petechiae (some with rechallenge); skin inflammation
angioedema, pruritus, alopecia, dry skin, hyperhidrosis. *Special Senses:* Tinnitus, taste perversion. *Urogenital:* Interstitial neph
with positive rechallenge), urinary tract infection, microscopic pyuria, urinary frequency, elevated serum creatinine, proteinu
turia, glycosuria, testicular pain, gynecomastia. *Hematologic:* Rare instances of pancytopenia, agranulocytosis (some fatal), t
topenia, neutropenia, anemia, leucocytosis, and hemolytic anemia have been reported. **OVERDOSAGE** Reports have be
of overdosage with omeprazole in humans. Doses ranged up to 2400 mg (120 times the usual recommended clini
Manifestations were variable, but included confusion, drowsiness, blurred vision, tachycardia, nausea, vomiting, diaphoresis
headache, dry mouth, and other adverse reactions similar to those seen in normal clinical experience. (See ADVERSE RE
Symptoms were transient, and no serious clinical outcome has been reported when PRILOSEC was taken alone. No specific a
omeprazole overdosage is known. Omeprazole is extensively protein bound and is, therefore, not readily dialyzable. In the eve
dosage, treatment should be symptomatic and supportive.

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NOTE: This summary provides important information about NEXIUM and PRILOSEC. If you would like more information, ask your doctor or pharmacist to let you read the professional labeling and then discuss it with th

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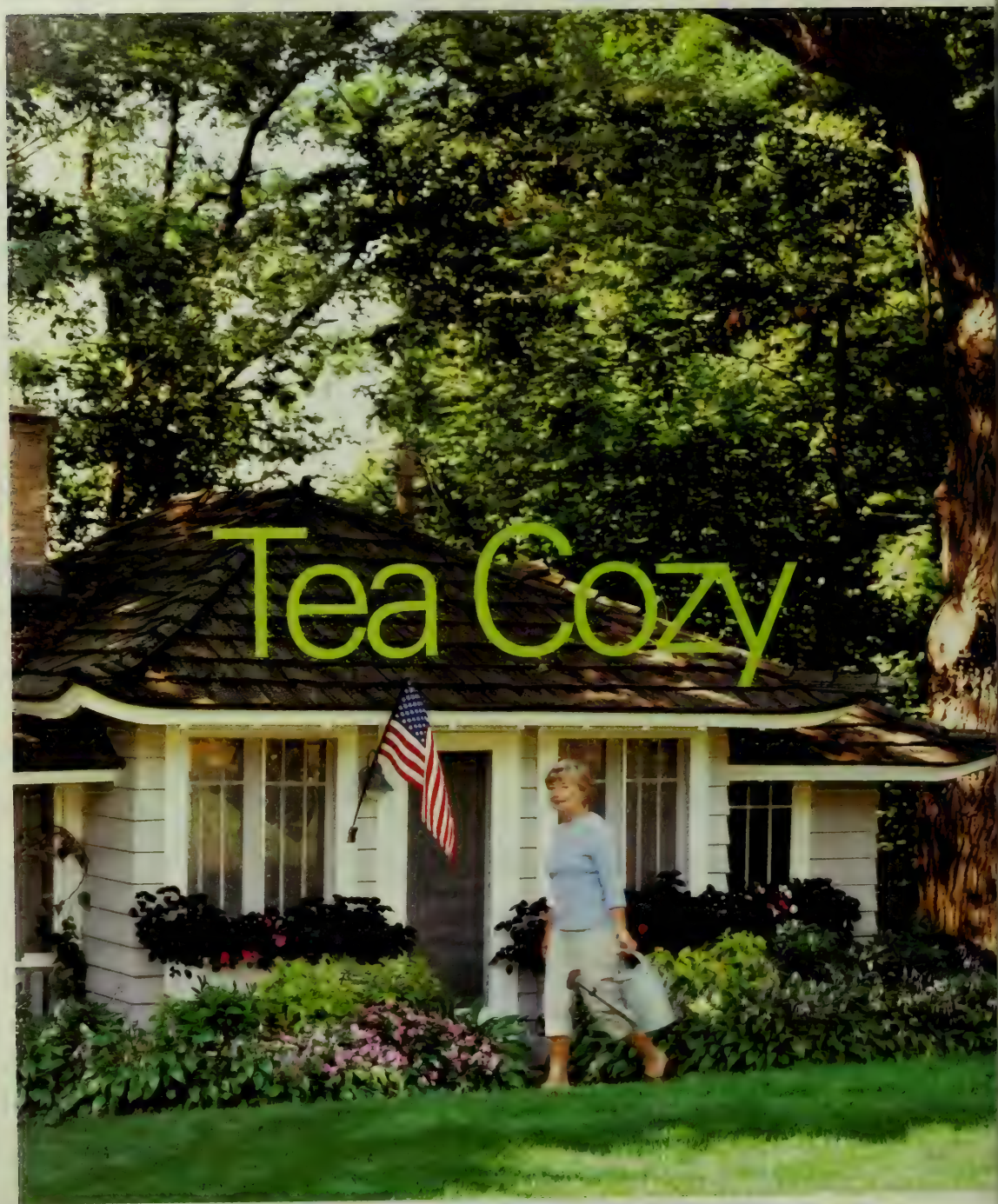
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Tea Cozy

With its diminutive architecture dating back to 1915, Marty and Dan Gilbert's lovingly restored teahouse stands like an open invitation to sit for a spell and share a cup.

by Sarah Egge

continued on page 16

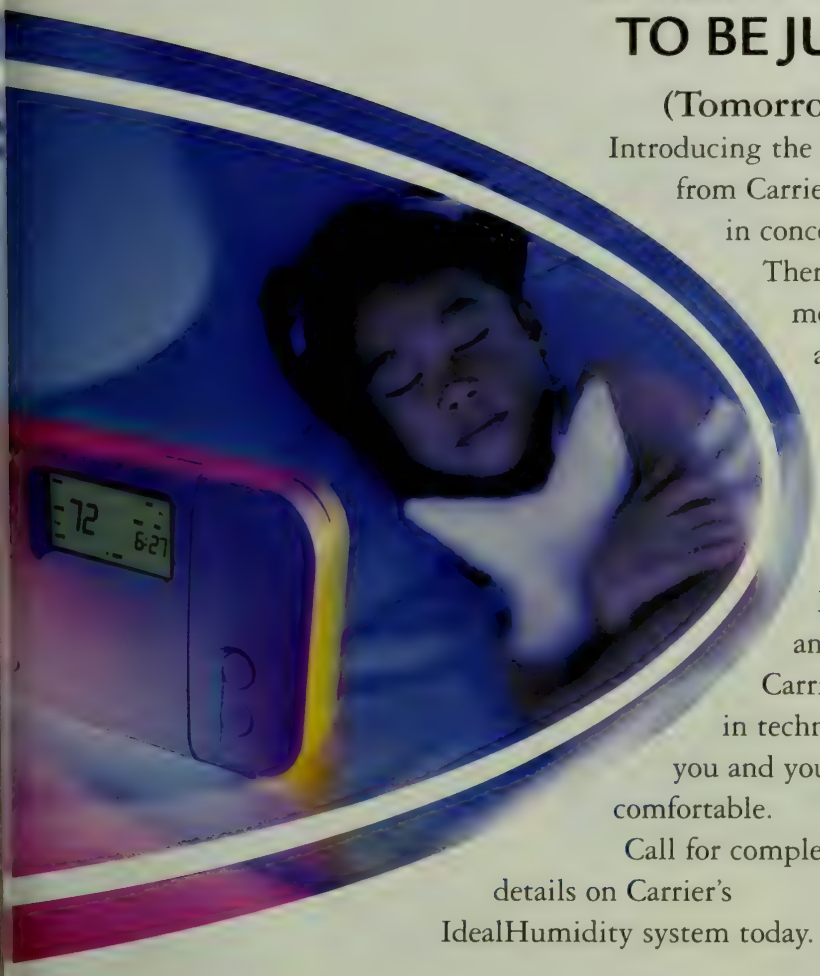
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Tea Cozy

continued from page 160



Choosing furnishings that would not pack the room or dwarf the small fireplace was tricky. The natural color and woven construction of these wicker armchairs make them visually lightweight. They're also practical because they fit through the narrow doorway.

When Marty and Dan Gilbert purchased their Deephaven, Minnesota, home in 1994, they were charmed by a small ramshackle house in the garden. "I just fell in love with it," Marty says. "I love small places. I love anything cozy."

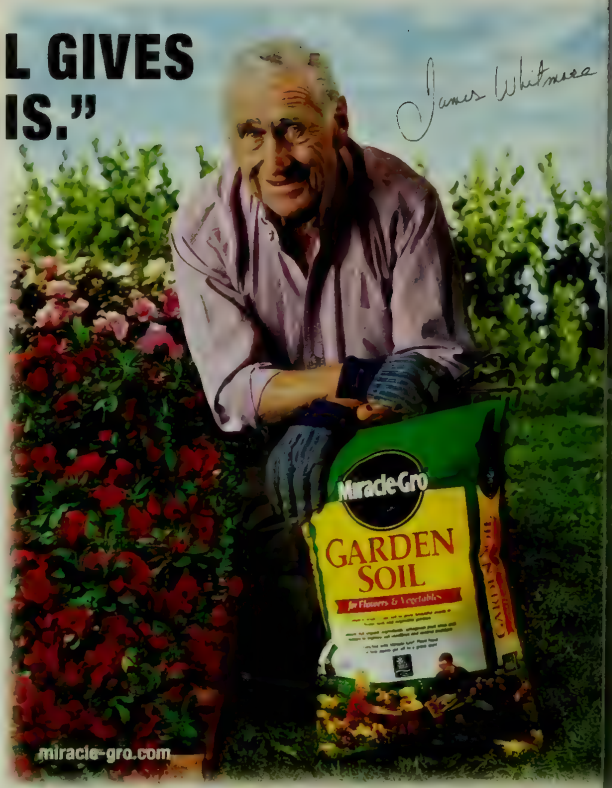
From neighbors, Marty learned the house was part of the estate of Mahala Douglas, a *Titanic* survivor and heir to the Quaker Oats fortune. Douglas hosted boisterous, high-society parties in the Japanese-style teahouse.

continued on page 164


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Tea Cozy

continued from page 162

The exterior of the house appears smallish, but a step inside reveals its true scale. With doorways just 6 feet tall and a ceiling at 7 feet, the house is intimate. "It's like being on a boat, where everything is compact and snug," contractor Dennis Ommen says.

Despite a slow decline, the house had most of its original fittings. Marty saved as much as possible and searched for vintage replacements.

Ommen built whatever else was needed, such as curved window sashes for the round breakfast bay. "I wanted to make everything look as original as I could," Marty says.

With interior designer Marie Meko, Marty chose furnishings that are standard size but have a diminutive overall scale. A bent cane bistro chair, for example, appears to take up less space thanks to its see-through profile.

Today, the restored teahouse once again plays host to tea-party fund-raisers, cookouts with friends, and children's parties. "The kids want to stay forever," Marty says. "I think because the house is just their size." ⌂

Buying information, page 281



Hand-scraping layers of blue paint off the woodwork yielded the discovery of this original green color. A flake of the old paint was color-matched to formulate new paint.

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Nora Leigh Phlox

(Phlox paniculata Nora Leigh)

editor's choice

A Phlox That Rocks

Foliage first. We keep hearing this phrase, and it always makes sense. If you select plants with interesting foliage, your garden will have color all season long—because flowers are fleeting, and foliage is forever. Variegated foliage is always welcome in the landscape for its "everblooming" effect. Even when a variegated plant is not in bloom, it often appears to be covered in white flowers. In addition to its twin-toned leaves, Nora Leigh summer phlox has a sturdy countenance and striking lilac-pink flowers.

Summer phlox has acquired a nasty reputation for its predisposition to powdery mildew, and Nora Leigh is no exception. A few tricks will help keep this fungus disease at bay. Plant phlox in a sunny spot where it isn't crowded by other plants. Mulch to keep the soil moist, and don't splash the leaves when you water. Nora won't spread as rapidly as other varieties of summer phlox, but if she does creep beyond her bounds, simply divide and plant elsewhere. It would be difficult to have too much of this plant in the garden, especially if you place it where it can light up at dusk.

- **Light:** Full sun. **Hardiness:** To minus 30°.
- **Growth habit:** 2½ to 3 feet tall by 18 inches wide.
- **Bloom time:** Early summer.
- **To buy this plant:** *See page 172.*

by Craig Summers Black

continued on page 168


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continued from page 166



A variegated Frosty Morn sedum is sandwiched between broom and Rose Glow barberry in Tom's small city lot (*right*).



perfect pairs

Some advice from a pro

Tom Vetter is a plumber with a degree in landscaping. With two professions to choose from, he decided he'd rather play in his garden than, well, work in someone else's. But it might be worth clogging your pipes to get him over to your house and talk gardening with him. If you don't live in Oregon, however, here are a few tips from Portland's premier horti/plumber:

• "The point is to grow a good plant in the right place. That's what my garden is about. I don't just stick a plant there because it'll look good with this or that or because I've got a vacant spot there. I put it there because it'll grow well there, first of all." • "Keep your borders packed. To see dirt is depressing." • "Design with leaves, not flowers. When the flowers are gone, then what?" • "Don't be afraid. Combinations are trial and error. Work with it. And keep working."

continued on page 170

Purple fountain grass dominates a purple-infused vista (*above*). Autumn Joy sedum and celosia reflect those bronzy tones.

The turtlehead flowers of acanthus and the delicate plumes of the rare Korean reed grass sway in the breeze (*right*).





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Sundial Mango portulaca (*left*)
Sandra says: "Did you ever see such a rich color? It's like having the sunshine on the ground beaming up at you."

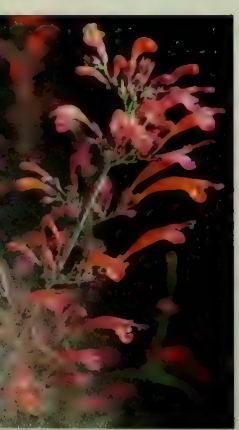
Agastache rupestris (*below left*)
Sandra says: "I didn't expect it to be hardy here, but look at that. It bloomed and bloomed and bloomed and bloomed—and in half-shade."

Cleopatra canna (*below*)
Sandra says of its two flower colors: "It's not schizophrenic. It just couldn't make up its mind."

test garden tip

All-stars from outside the office window

We'll plant—and evaluate—just about anything in the Test Garden that strikes our fancy. Sometimes monitoring new or tried-and-true plants results in a success story. And sometimes... well, some things are better left unsaid. Here are some curiosities that developed into showstoppers as the season progressed last year. Sandra Gerdes, our Test Garden manager, was especially impressed by a canna that has black swirls on its green foliage and both red and yellow flowers. Not bicolored flowers—two different colors of flowers. "Canna Cleopatra just jumped out from the sidewalk," Sandra says.





continued on page 172



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continued from page 170



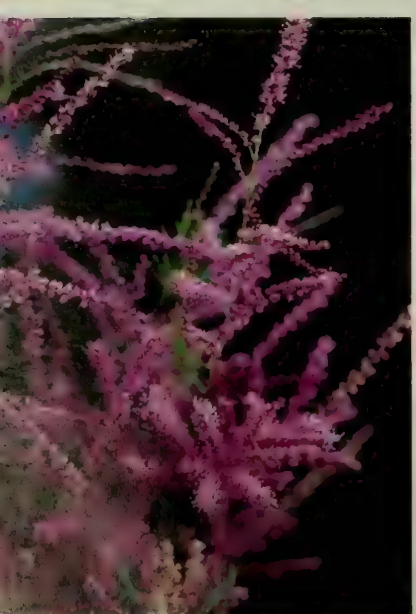
Lady in Black aster (*right*) Sandra says: "The leaves are small and dark. It's a great color accent even before it gets covered with all those flowers."

Tamarix (*below*) Sandra says: "I want it to become this big, pink, puffy cloud. Won't that be cool?"

Nana boltonia (*below right*) Sandra says: "Very short (2 feet), very compact, and definitely not white. It's a pale pinky-lilac—a bonus."



Other Test Garden all-stars were *Agastache rupestris*, Nana boltonia, and Lady in Black aster, all sun-loving perennials; Sundial Mango portulaca, an annual; and tamarix, a deciduous shrub. Tamarix can be aggressively weedy in warm-winter climates, but here in Iowa it behaves.



Our garden, probably like yours, is limited by our location. We have long, cold, windy, dry winters and hot, humid summers. So when we can get something new and different to thrive, we jump on it. As Sandra says, "You've got to try the unusual." ⌂

Buying information, page 281

ORDER NORA LEIGH

The Editor's Choice, ***Phlox Nora Leigh***, is a mildew-resistant variety with striking variegated foliage. Grown for us by Prairie Perennials, we ship three plants (in plastic pots, each 4 to 8 inches tall). We ship from May 15 to June 15, 2002. One collection is $44.95; additional collections are $30 each. Prices include shipping, handling, and sales tax. *Please order early; quantities are limited.* Sorry, no shipments to AK, HI, Puerto Rico, Mexico, or Canada.

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>03/123<



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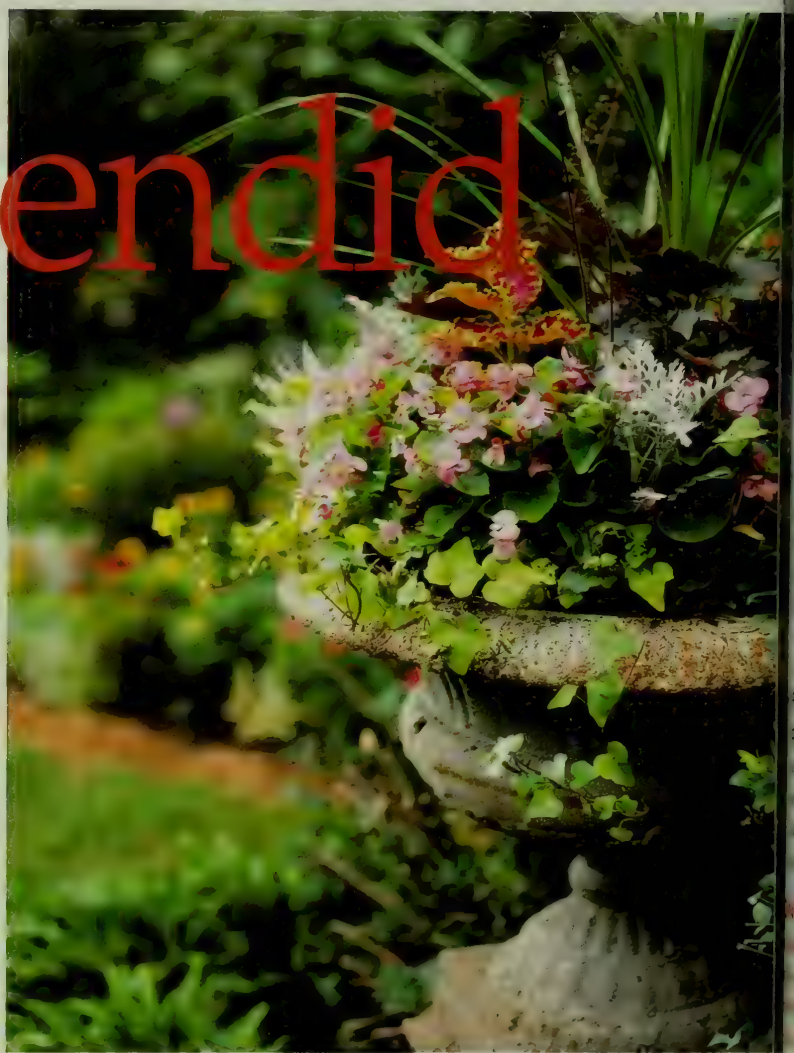
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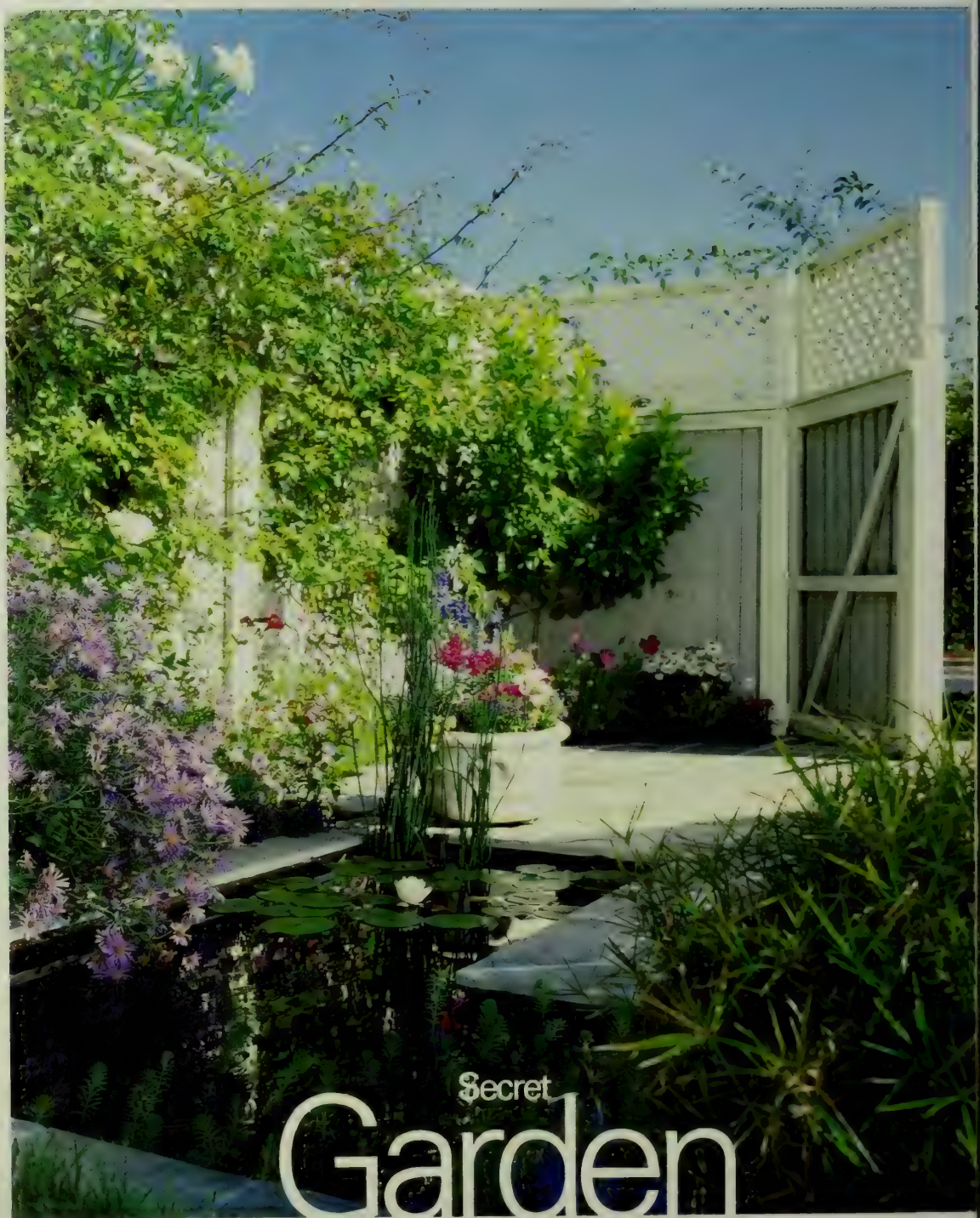
ximize design and ual effect with a ety of plant types, ors and sizes. Plant spikey plants in the ter of the container. ircle those with dium size filler plants. ition low, trailing nts along the rim.

When plants become root bound, use your hands or a trowel to separate the roots, tearing them apart if necessary. This will encourage roots to spread for a stronger, healthier plant.

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Secret Garden

A small, barren, fence-bound suburban yard was transformed into a delightful garden room with a magical quality: The more the gardeners added, the more livable and restful it became.

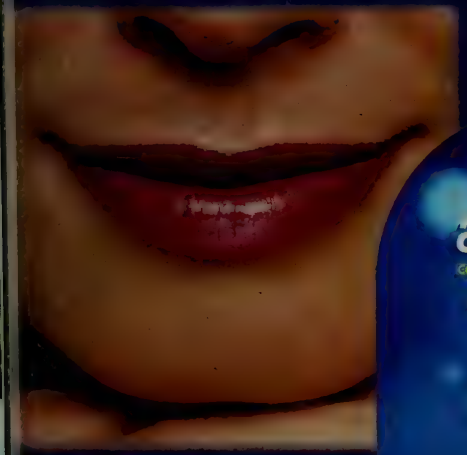
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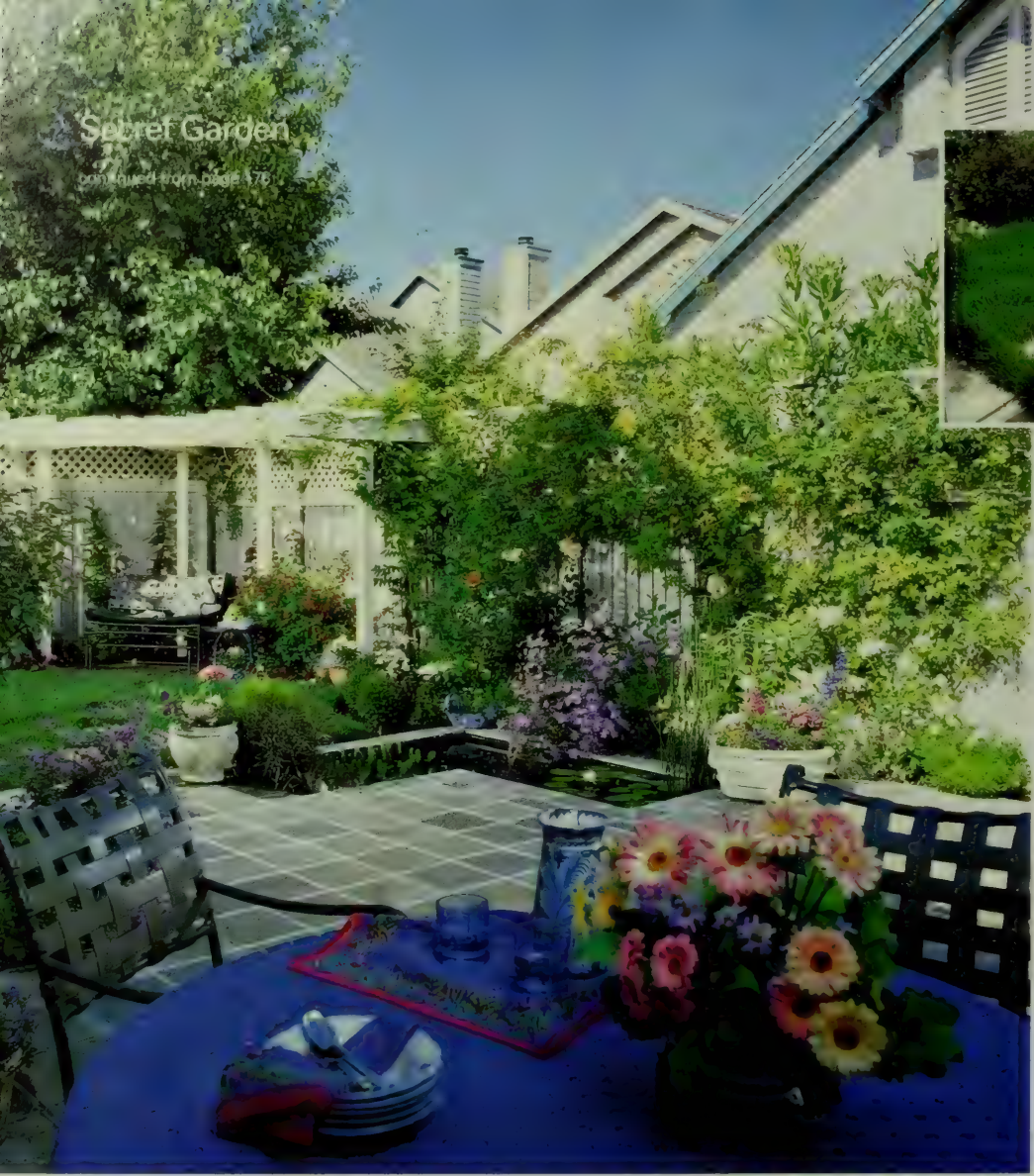
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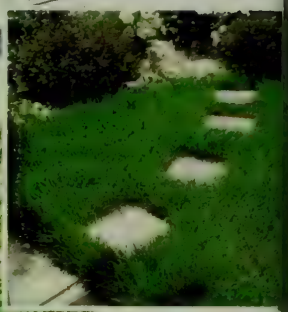
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Secret Garden

continued from page 178

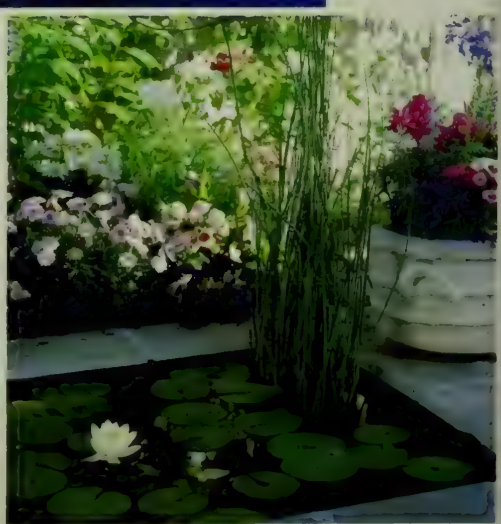




Vertical gardening (*left*) makes the most of a small yard: Climbing roses grow on the fence, freeing the ground for asters, daisies and fuchsias. California bluestone paves the adjoining patio. It's also used as stepping-stones to the pergola (*above*), and to rim the pond (*below*). This strategy ties the garden's three areas together.

Until three years ago, Joan and Jim Coda's tiny 20×40-foot backyard in Larkspur, California, featured "a slab of stamped concrete and three dead daisies," Joan remembers. Now a patio, a pergola, and a water garden animate the space, and the yard has become an outdoor room that's at once rich and relaxing. Light, see-through dining furniture echoes the grid of the California bluestone patio. A pergola offers "a focal point, a second sitting spot, and a place to go," landscape architect Cynthia Egger says. Koi swimming among the horsetail and water lilies enliven the pond, providing the Codas with a meditation spot.

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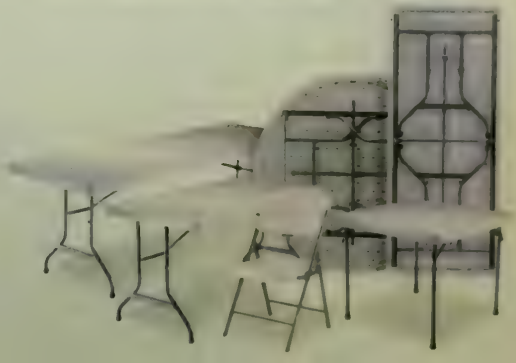


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Secret Garden

continued from page 180





The pergola (*left*) helps screen the garden from neighbors while softening the corner with lacelike lattice.

A gate (*above*) begins the path to the home's side entrance. Another pergola (*below*) tops the path from the gate door. The climbing jasmine can be shorn like a hedge.

Architectural structures are ambience-setters and create attractive opportunities for even the smallest-size yard. The pergola (*above*) establishes a center of interest, rather than letting the corner remain a dead end. The shelter provides shade for the bench, the fuchsias, and the mandevilla, while allowing honeysuckle and wisteria to reach skyward. Another simple pergola of 2×3 stringers and tapered cross supports (*right*) accents a path from the street to the home's side entrance. To enhance the featureless garage wall that flanks the path, Joan hung a trellis. Climbing it are vigorous star jasmines, their welcoming fragrance ushering in visitors.

Buying information, page 300



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General: In clinical studies with triamcinolone acetonide nasal spray, the development of localized infections of the nose and pharynx with *Candida albicans* has rarely occurred. When such an infection develops it may require treatment with appropriate local or systemic therapy and discontinuance of treatment with **Nasacort AQ** Nasal Spray.

Nasacort AQ Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract or in patients with untreated fungal, bacterial, or systemic viral infections or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids, in patients who have experienced recent nasal septal ulcers, nasal surgery, or trauma, a corticosteroid should be used with caution until healing has occurred. As with other nasally inhaled corticosteroids, nasal septal perforations have been reported in rare instances.

When used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, **Nasacort AQ** Nasal Spray should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with **Nasacort AQ** Nasal Spray should receive the following information and instructions. Patients who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles and, if exposed, to obtain medical advice.

Patients should use **Nasacort AQ** Nasal Spray at regular intervals since its effectiveness depends on its regular use. (See **DOSAGE AND ADMINISTRATION**.)

An improvement in some patient symptoms may be seen within the first day of treatment, and generally, it takes one week of treatment to reach maximum benefit. Initial assessment for response should be made during this time frame and periodically until the patient's symptoms are stabilized.

The patient should take the medication as directed and should not exceed the prescribed dosage. The patient should contact the physician if symptoms do not improve after three weeks, or if the condition worsens. Patients who experience recurrent episodes of epistaxis (nose bleeds) or nasal septum discomfort while taking this medication should contact their physician. For the proper use of this unit and to attain maximum improvement, the patient should read and follow the accompanying patient instructions carefully.

It is important to shake the bottle well before each use. **Also, the bottle should be discarded after 120 actuations since the amount of triamcinolone acetonide delivered thereafter per actuation may be substantially less than 55 mcg of drug.** Do not transfer any remaining suspension to another bottle.

Carcinogenesis, Mutagenesis, and Impairment of Fertility: In a two-year study in rats, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 1.0 mcg/kg (approximately 1/30 and 1/50 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively). In a two-year study in mice, triamcinolone acetonide caused no treatment-related carcinogenicity at oral doses up to 3.0 mcg/kg (approximately 1/12 and 1/30 of the maximum recommended daily intranasal dose in adults and children on a mcg/m^2 basis, respectively).

No mutagenicity studies with triamcinolone acetonide have been performed.

In male and female rats, triamcinolone acetonide caused no change in pregnancy rate at oral doses up to 15.0 mcg/kg (approximately 1/2 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Triamcinolone acetonide caused increased fetal resorptions and stillbirths and decreases in pup weight and survival at doses of 5.0 mcg/kg and above (approximately 1/5 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1.0 mcg/kg (approximately 1/30 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), it did not induce the above mentioned effects.

Pregnancy: *Teratogenic Effects: Pregnancy Category C.* Triamcinolone acetonide was teratogenic in rats, rabbits, and monkeys. In rats, triamcinolone acetonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 7/10 of the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In rabbits, triamcinolone tonide was teratogenic at inhalation doses of 20 mcg/kg and above (approximately 2 the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). In mor triamcinolone acetonide was teratogenic at an inhalation dose of 500 mcg/kg (ap mately 37 times the maximum recommended daily intranasal dose in adults on a m basis). Dose-related teratogenic effects in rats and rabbits included cleft palate and/or in hydrocephaly and axial skeletal defects, whereas the effects observed in the monkey cranial malformations.

There are no adequate and well-controlled studies in pregnant women. Therefore, tr nolone acetonide should be used in pregnancy only if the potential benefit justifie potential risk to the fetus. Since their introduction, experience with oral corticostero pharmacologic as opposed to physiologic doses suggests that rodents are more pr teratogenic effects from corticosteroids than humans. In addition, because there is a ral increase in glucocorticoid production during pregnancy, most women will require a exogenous corticosteroid dose and many will not need corticosteroid treatment pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born of mothers rec corticosteroids during pregnancy. Such infants should be carefully observed.

Nursing Mothers: It is not known whether triamcinolone acetonide is excreted in human Because other corticosteroids are excreted in human milk, caution should be exercised **Nasacort AQ** Nasal Spray is administered to nursing women.

Pediatric Use: Safety and effectiveness in pediatric patients below the age of 6 years not been established.

Corticosteroids have been shown to cause growth suppression in children and teen particularly with higher doses over extended periods. If a child or teenager on any co teroid appears to have growth suppression, the possibility that they are particularly se to this effect of corticosteroids should be considered.

ADVERSE REACTIONS

In placebo-controlled, double-blind, and open-label clinical studies, 1483 adults an dren 12 years and older received treatment with triamcinolone acetonide aqueous spray. These patients were treated for an average duration of 51 days. In the controll als (2-5 weeks duration) from which the following adverse reaction data are derived patients were treated with **Nasacort AQ** Nasal Spray for an average of 19 days. In a term, open-label study, 172 patients received treatment for an average duration of 286

Adverse events occurring at an incidence of 2% or greater and more common a **Nasacort AQ**-treated patients than placebo-treated patients in controlled adult clinica were:

Adverse Events	Patients treated with 220 mcg triamcinolone acetonide (n=857) %	Vehicle Placebo (n=962) %
Pharyngitis	5.1	3.6
Epistaxis	2.7	0.8
Increase in cough	2.1	1.5

A total of 602 children 6 to 12 years of age were studied in 3 double-blind, placeb trolled clinical trials. Of these, 172 received 110 mcg/day and 207 received 220 mcg/ **Nasacort AQ** Nasal Spray for two, six, or twelve weeks. The longest average durati treatment for patients receiving 110 mcg/day and 220 mcg/day were 76 days and 80 respectively. Only 1% of those patients treated with **Nasacort AQ** were discontinued adverse experiences. No patient receiving 110 mcg/day discontinued due to a serious a event and one patient receiving 220 mcg/day discontinued due to a serious event th considered not drug related. Overall, these studies found the adverse experience pro **Nasacort AQ** to be similar to placebo. A similar adverse event profile was observed i atric patients 6-12 years of age as compared to older children and adults with the exc of epistaxis which occurred in less than 2% of the pediatric patients studied.

Adverse events occurring at an incidence of 2% or greater and more common amon patients treated with placebo than **Nasacort AQ** were: headache, and rhinitis. In childre 6 to 12 years these events included: asthma, epistaxis, headache, infection, otitis sinusitis, and vomiting.

In clinical trials, nasal septum perforation was reported in one adult patient althoug tionship to **Nasacort AQ** Nasal Spray has not been established.

In the event of accidental overdose, an increased potential for these adverse exper may be expected, but acute systemic adverse experiences are unlikely. (See **OVERDOS**

OVERDOSAGE

Like any other nasally administered corticosteroid, acute overdosing is unlikely in the total amount of active ingredient present. In the event that the entire contents of t tle were administered all at once, via either oral or nasal application, clinically sign systemic adverse events would most likely not result. The patient may experience sor trointestinal upset.

Caution: Federal law prohibits dispensing without prescription.

Please see product circular for full prescribing information.

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nisters, shown smaller than actual size, range from 4 to 11 in height and hold from 53 to 103 ounces.

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e charmingly crafted, glazed ceramic ters showcase the Pillsbury Doughboy what he does best — cooking up another tempt- ulinary creation. Whether he's flipping pancakes reakfast or baking crescent rolls for lunch, the ury Doughboy knows that "nothin' says lovin' like something from the oven!" When the canisters are placed together, they display a mouth-watering scene of all-time Pillsbury favorites, from scrumptious iced cinnamon rolls to gooey chocolate chip cookies.



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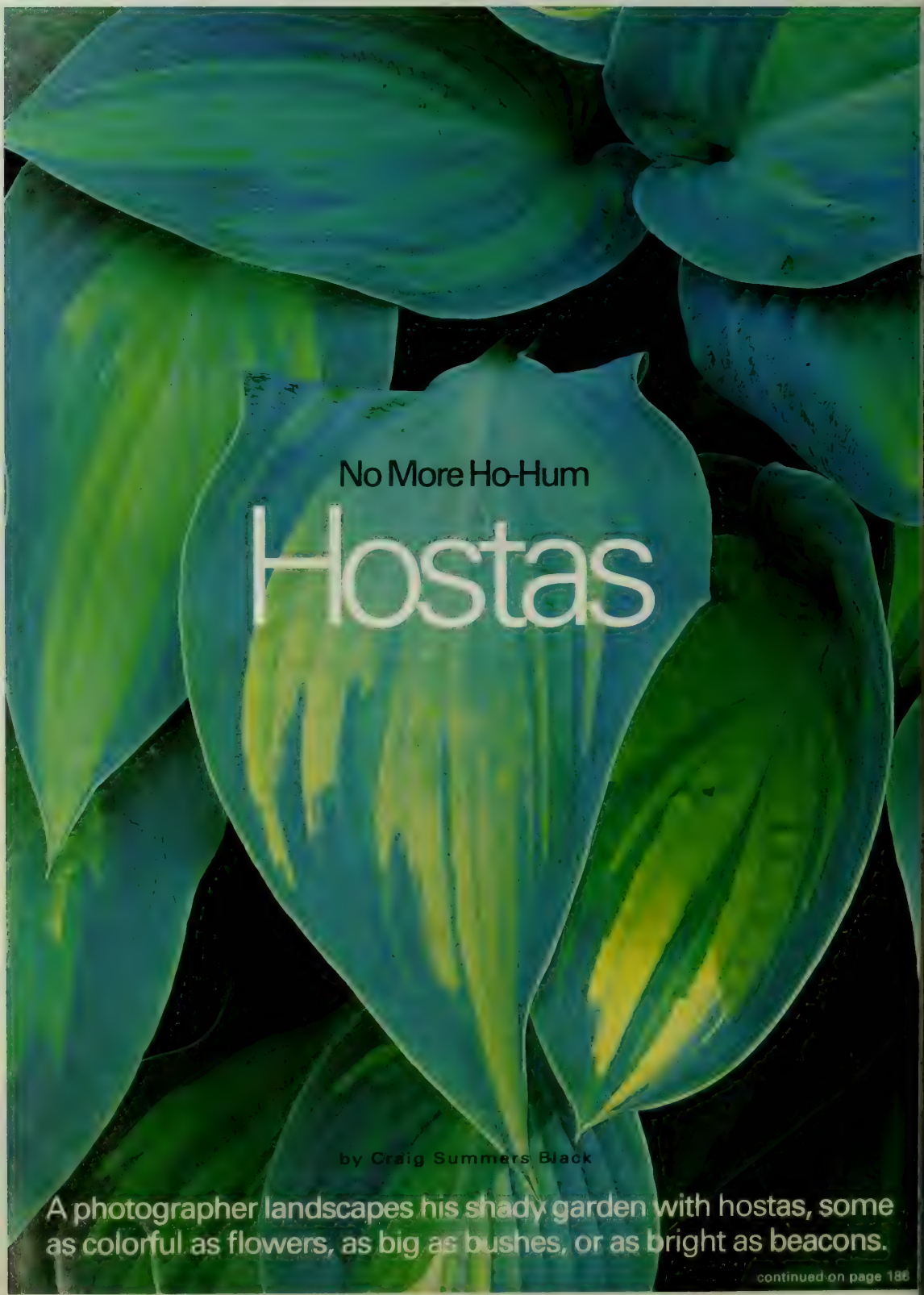
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No More Ho-Hum

Hostas

by Craig Summers Black

A photographer landscapes his shady garden with hostas, some as colorful as flowers, as big as bushes, or as bright as beacons.

continued on page 188

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Alex Waterhouse-Heywood is a photographer and a collector of specialty hostas. It is his artist's eye that keeps his acquisitive enthusiasm in check, so that his shady garden in Vancouver, British Columbia, is not so much an all-consuming array of hostas as it is a study in form, color, layering, and contrast. In other words, despite the landscape's heavy reliance on just one particular plant, it is a real garden. Under the shade of tall conifers, Alex finds that he can make the hosta—a plant everyone knows—act like hundreds of other different perennials. Who knew?

continued on page 190



An enormous Sum and Substance hosta dominates a vista (*top*) at the home of Rosemary and Alex Waterhouse-Heywood (*above*). The hosta June (*previous page*) is a splendid recent introduction.

To order the hostas shown in this story, see *page 70*.



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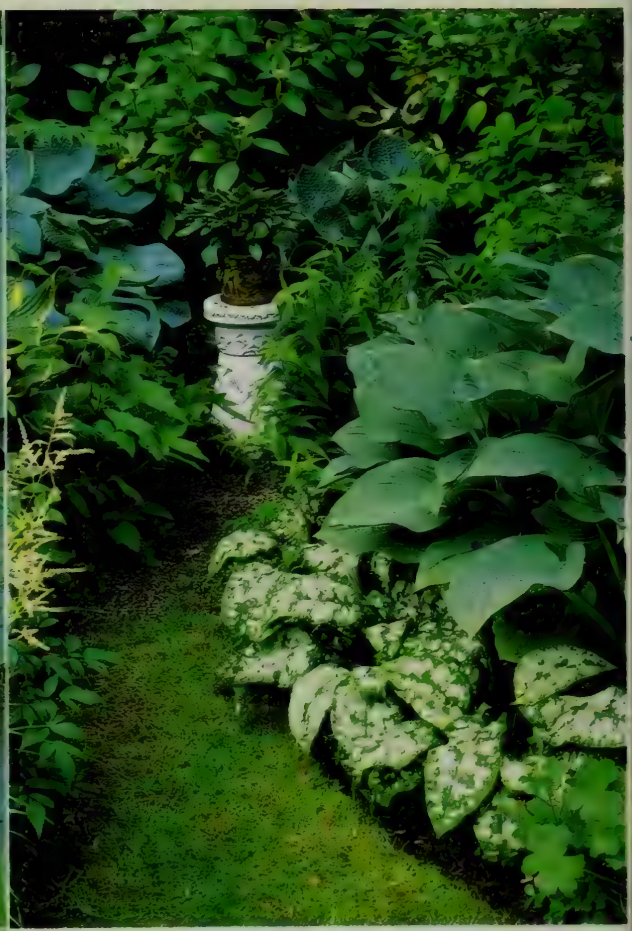
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No More Ho-Hum Hostas

continued from page 188



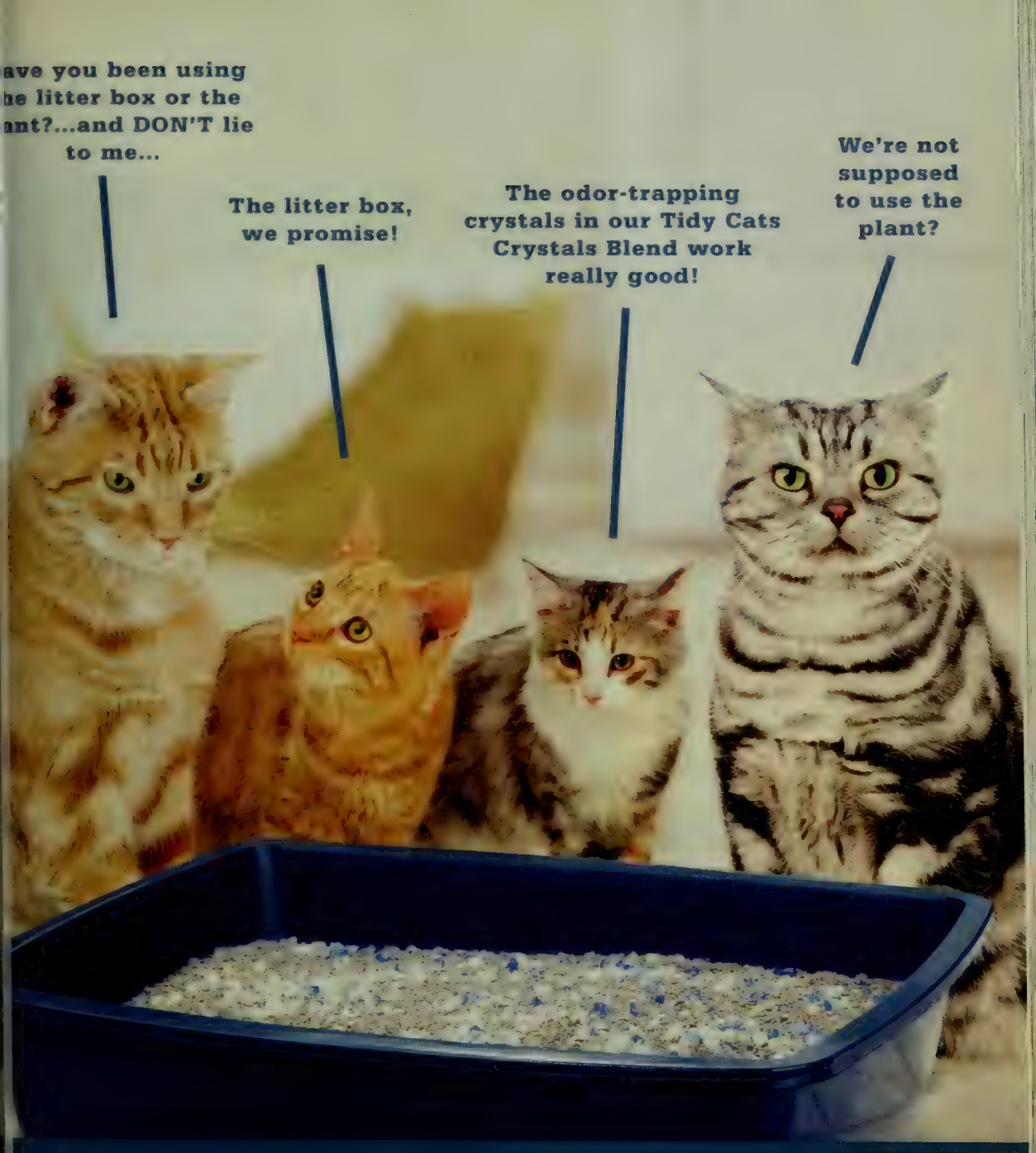




"Effective gardening means dealing with one challenge after another," says Alex. "It's the art of solving problems. Among the worst is 'the problem of the dark corner.' But hostas always come to the rescue. There's nothing like them for lighting up densely shaded situations." For hosta foliage now comes in an ever more impressive panoply of color—hues of green surely, but also chartreuse, gold to near yellow, shades of blue and almost gray, and a heaven-sent array of stripes, variegations, and reverse variegations. Individual leaves can be round or oval, shaped like lances, straps, or hearts, and every size from fingerlings to umbrellas built for two. Flowers seem almost an afterthought, but some are intensely fragrant.

A blue-leaved Halcyon is plumped up by a bed of redwood sorrel (*above left*). Bressingham Blue, Love Pat, and Krossa Regal line a grassy path (*above*). Fragrant Bouquet (*left*) explodes from a bed of Japanese painted fern, pulmonaria, and euphorbia

continued on page 192



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NO PURCHASE NECESSARY. Sweepstakes open only to U.S. residents, age 18 or older. Void where prohibited by law. Sweepstakes starts on April 1, 2002 at 12:01AM EST and ends on July 31, 2002 at 11:59 PM EDT. **HOW TO ENTER.** There are two ways to enter. 1. Obtain an official entry form found in participating magazines or in the special advertising insert in your May 19, 2002 Sunday paper; or hand print your full name, complete address, daytime phone number, date of birth, your Creme Savers Dream Flavor combination (one of the two ingredients must be creme) on a 3" x 5" card/paper and mail in a business size (#10) envelope to: Dream Flavor Creme Savers Sweepstakes, P.O. Box 3343, Department BH, Maple Plain, MN 55593-3343. All mail-in entries must be postmarked by July 31, 2002 and received by August 9, 2002. 2. Access the Creme Savers website at www.candystand.com and click on the Creme Savers icon. Complete the on-line official entry form and click on the submit icon to enter the Sweepstakes. All Internet entries must be received by 11:59 PM EDT, July 31, 2002. Limit one entry per person or e-mail address per day, regardless of method of entry. Sponsor and its agencies are not responsible for lost, late, illegible entries or for unauthorized human intervention, phone, technical, network, electronic, computer, hardware or software failures, malfunctions or disconnects of any kind, or misdirected, illegible, incomplete, stolen, garbled, fragmented or delayed mail-in entries or Internet/e-mail computer transmissions or network/ISP/website internet accessibility/availability, or postage due mail or for inaccurate, incorrect or incomplete capture of on-line entry information, regardless of cause. Should multiple users of the same e-mail account enter the Sweepstakes and a dispute thereafter arise regarding the identity of the entrant, the authorized subscriber of said e-mail account at the time of entry will be considered the entrant. "Authorized account subscriber" is defined as the natural person who is assigned an e-mail address by an Internet access provider, on-line service provider or other organization which is responsible for assigning e-mail addresses. Each mail-in entry must be mailed separately. No mechanical reproductions or copies of mail-in entries will be accepted. All entries become the exclusive property of the Sponsor and none will be returned or acknowledged. **DRAWING.** The winners will be selected in a random drawing on or about August 23, 2002 from all eligible entries received. Winners will be notified by mail. Gage Marketing Group, an independent judging organization whose decisions are final and binding in all matters relating to the Sweepstakes, will conduct the drawing. By participating, entrants agree to abide by and be bound by these official rules and the judges' decisions. **PRIZES/APPROXIMATE RETAIL VALUE (ARV)/ODDS OF WINNING. One (1) Grand Prize:** A one year supply of the winning Dream Flavor Combination that was included on the entry selected as the Grand Prize winner approximately 5 pounds will be awarded, and a 7 day Carnival Cruise for winner and a guest. Trip consists of round trip coach air transportation for winner and a guest from major commercial airport near winner's residence to Miami, FL (cruise destination Bahamas), ground transfers to and from airport and 1 standard room, double occupancy, exterior cabin, and $500 spending money. All other unspecified incidentals are solely the responsibility of the winner. Winner and guest must travel together on the same itinerary. All travel arrangements/accommodations are at the sole discretion of Sponsor and subject to availability, holiday and blackout dates. Trip value may vary depending on point of departure and airline and fare fluctuation. Travel arrangements must be made at least 21 days prior to departure. All terms and conditions of Carnival Cruise Lines Standard Ticket Contract of Passage, as well as those stated in the General Information of the company brochure, shall be applicable to this promotion and cruise passage. Travel must be completed by July 31, 2003. Winner and guest are solely responsible for all necessary travel documents (including passport). ARV (not to exceed): $5,300. **Five Hundred (500) First Prizes:** 2 Movie tickets in the form of Movie Cash Certificates™. ARV: $20.00 each pair. Total ARV of all prizes: $15,300. Odds of winning depend on the total number of eligible entries received. All prizes will be awarded. **CONDITIONS ON PRIZES.** Sponsor in its sole judgment reserves the right to pick a substitute for flavors that are considered inappropriate or not available for the winning Dream Flavor combination. No prize substitution or cash equivalent of prize except at sole discretion of Sponsor for a prize of comparable value, due to unavailability of prize for any reason. No prize transfer. Taxes on prizes are solely the responsibility of the winner. In the event the on-line portion of the Sweepstakes is compromised by virus, bug, unauthorized human intervention, or other cause beyond the control of Sponsor such that the on-line portion of the Sweepstakes cannot be conducted as originally planned, Sponsor reserves the right to cancel, modify or suspend the on-line portion of the Sweepstakes. In such event, the winners will be selected in a random drawing from all eligible mail-in entries received & all eligible on-line entries received prior to (and/or after, if appropriate) modification or suspension of the on-line portion of the Sweepstakes. Sponsor reserves the right, at its sole discretion, to disqualify any individual found to be tampering with the on-line entry process, the website or the Sweepstakes. Any use of robotic, automatic, programmed or like on-line entry methods will void all on-line entries affected by such methods. Grand Prize winner will be required to sign and return an Affidavit of Eligibility, Release of Liability and a Publicity Release (where legal), within 14 days of notification. Grand Prize winner agrees to transfer and assign any and all rights to the Dream Flavor combination indicated on his/her entry to Sponsor without further compensation. The Grand Prize shall function as the sole compensation to winner for use of the Dream Flavor combination. The guest of the Grand Prize winner must sign and return a Liability Release and Publicity Release (where legal), prior to issuance of travel documents. In the event of non-compliance with these requirements, Grand Prize may be forfeited and an alternate winner selected. In the event that a prize or prize notification is returned as undeliverable, such prize will be forfeited and an alternate winner selected. Limit one prize per individual, email address, family or household. A parent or legal guardian must sign the necessary releases if guest of Grand Prize winner is a minor. Guest under the age of 21 years must be accompanied by a parent, legal relative or guardian 25 years or older in the same stateroom. Custom candy will be delivered no later than March 31, 2003. **ELIGIBILITY.** Subject to all applicable federal and state laws and regulations. The following categories of persons are not eligible to enter or win: employees of Kraft Foods North America, Inc., its advertising and promotion agencies, and their respective parent companies, affiliates, retailers, subsidiaries, sales representatives and distributors, and the immediate families (parents, children, siblings, spouse) and those living in the same household (whether related or not) of such individuals. **WINNERS LIST.** For the name of the Grand Prize winner, send a self-addressed, stamped envelope by July 31, 2002 to "Creme Savers Dream Flavor Sweepstakes" – Winner's List, P.O. Box 3344W, Maple Plain, MN 55593-3344. **Sponsor:** Kraft Foods North America, Inc., Northfield, IL 60093. Ships registry: Panama and The Bahamas.

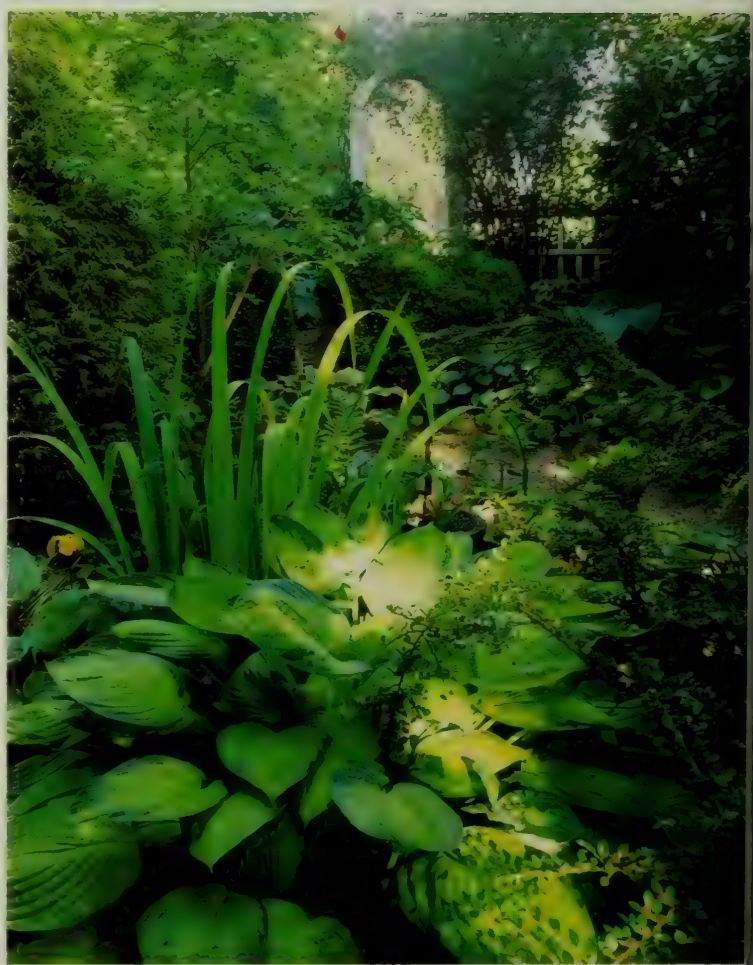


Surrender to the Swirl™

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No More Ho-Hum Hostas

continued from page 190



Gold Standard leaps into the foreground, flanked by yellow flag iris and a ground-hugging cotoneaster.

After 20 years of shaping his collection into a garden, Alex holds one rule inviolate: "Never put hostas together that are similar in form, color, and texture. They should differ in at least one of these elements. Otherwise, the result can be a dreary mishmash. Excitement is sustained by following the rule of contrast." But a broader consideration would be in the use of companion plants. "Since most hostas have bold leaves with clear, definite lines, adjacent plants should be fine-textured," Alex says.

continued on page 194

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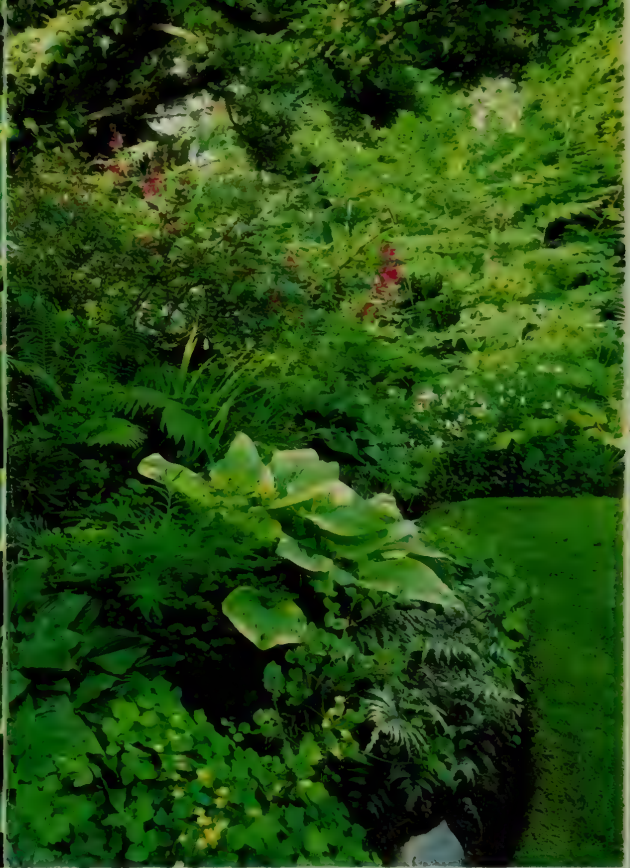
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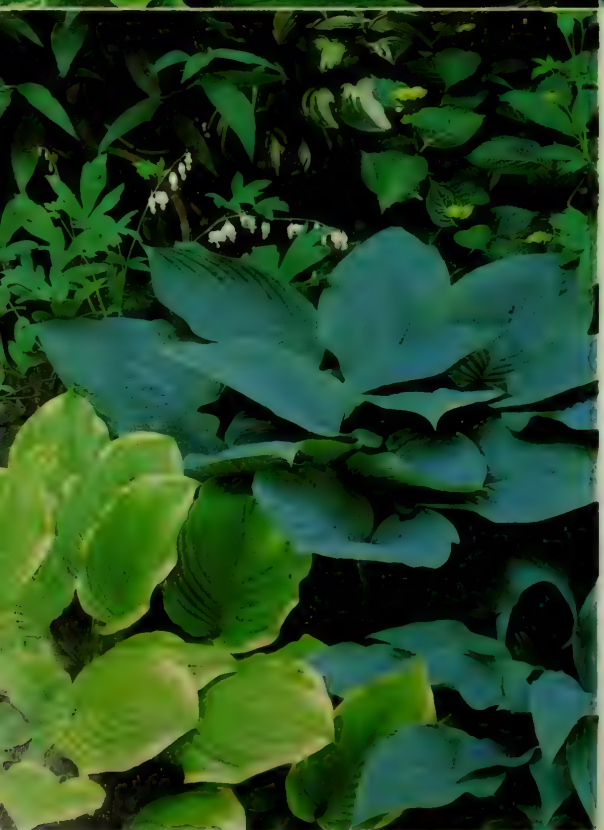
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The stately, architectural habit of the large hostas especially demands attention to counterbalancing their companion plants, Alex says. The best way to use companion plantings is to array them "in generous clumps and swaths between groups of hostas." To that end, he recommends these essential hosta counterparts: ferns of all kinds; grasses and sedges, especially gold or variegated ones; irises for their upright spiky effect; small to medium-size astilbes; the shorter dicentras (or bleeding-hearts); and astrantias (or masterworts), for their palmate foliage as well as their flowers.

A backyard overflowing with hostas demands little of you besides a bit of shade, and look what such a landscape can give you in return. Says Alex, "I get every good idea—about gardens, photography, and everything else—while sitting in my garden in the evening."

Regal Splendor (*above left*) sports a creamy edge. Visitors are greeted by this unfolding view of the garden from the front gate (*above*). Light green Sea Dream, with its white edging, caresses Snowden, a large blue-green beauty (*left*).

Buying information, page 300

See our online hosta primer at www.bhg.com/hostas

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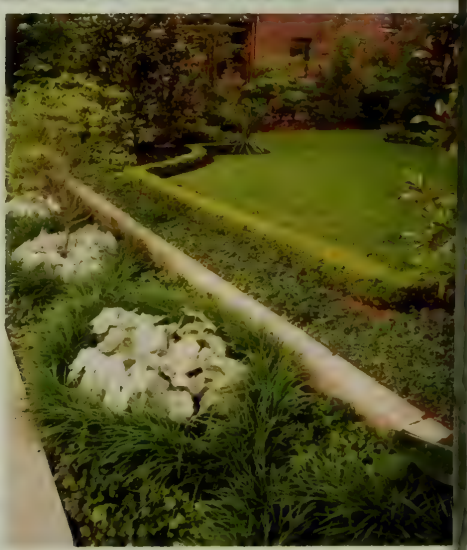
Love your body.



In the front yard, designer Brian Kissinger planted a formal garden to enhance his home's distinguished setting. Between the sidewalk and a low wall, lines of grasslike liriope crisscross in geometric precision around diamond-shaped plantings of white caladiums (*bottom right*).

formal in front







by
Doug Hall

Brian Kissinger, a landscape designer, finds inspiration in classical garden design, but he neve hesitates to tinker with the classic concepts. In front of his former home in Kansas City Roanoke neighborhood, Brian achieved an air of formality by using balance and repetitio rather than mirror-image symmetry. Flanking the front walk are areas of lawn, their shape drawn in precisely clipped boxwoods. The boxwood hedges scallop inward at the corners, wher four young Southern magnolias (an extra-hardy cultivar, Bracken's Brown Beauty) provid punctuation. Brian's color scheme relies almost exclusively on shades of green—"a soft an always complementary palette"—yet there is considerable variety in plant texture, from th big, glossy foliage of magnolias to shaggy liriope and the sleek ribbons of boxwood.



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Nasal allergies can be so frustrating, you want to plow down your whole yard.

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If side effects occur, they are generally mild, and may include headache, nosebleed, or sore throat. For best results, use daily. Maximum relief may take several days. Available by prescription only.

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BRIEF SUMMARY

SHAKE GENTLY BEFORE USE.

For Intranasal Use Only.

The following is a brief summary only; see full prescribing information for complete product information

CONTRAINDICATIONS: FLONASE Nasal Spray is contraindicated in patients with a hypersensitivity to any of its ingredients.

WARNINGS: The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency, and in addition some patients may experience symptoms of withdrawal, e.g., joint and/or muscular pain, lassitude, and depression. Patients previously treated for prolonged periods with systemic corticosteroids and transferred to topical corticosteroids should be carefully monitored for acute adrenal insufficiency in response to stress. In those patients who have asthma or other clinical conditions requiring long-term systemic corticosteroid treatment, too rapid a decrease in systemic corticosteroids may cause a severe exacerbation of their symptoms.

The concomitant use of intranasal corticosteroids with other inhaled corticosteroids could increase the risk of signs or symptoms of hypercorticism and/or suppression of the HPA axis.

Patients who are on immunosuppressant drugs are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in patients on immunosuppressant doses of corticosteroids. In such patients who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globulin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS:

General: Rarely, immediate hypersensitivity reactions or contact dermatitis may occur after the administration of FLONASE Nasal Spray. Rare instances of wheezing, nasal septum perforation, cataracts, glaucoma, and increased intraocular pressure have been reported following the intranasal application of corticosteroids, including fluticasone propionate.

Use of excessive doses of corticosteroids may lead to signs or symptoms of hypercorticism, suppression of HPA function, and/or reduction of growth velocity in children or teenagers. Physicians should closely follow the growth of children and adolescents taking corticosteroids, by any route, and weigh the benefits of corticosteroid therapy against the possibility of growth suppression if growth appears slowed.

Although systemic effects have been minimal with recommended doses of FLONASE Nasal Spray, potential risk increases with larger doses. Therefore, larger than recommended doses of FLONASE Nasal Spray should be avoided.

When used at higher than recommended doses, or in rare individuals at recommended doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, the dosage of FLONASE Nasal Spray should be discontinued slowly consistent with accepted procedures for discontinuing oral corticosteroid therapy.

In clinical studies with fluticasone propionate administered intranasally, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, it may require treatment with appropriate local therapy and discontinuation of treatment with FLONASE Nasal Spray. Patients using FLONASE Nasal Spray over several months or longer should be examined periodically for evidence of *Candida* infection or other signs of adverse effects on the nasal mucosa.

FLONASE Nasal Spray should be used with caution, if at all, in patients with active or quiescent tuberculous infection; untreated local or systemic fungal or bacterial, or systemic viral infections or parasitic infection; or ocular herpes simplex.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septal ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Information for Patients: Patients being treated with FLONASE Nasal Spray should receive the following information and instructions. This information is intended to aid them in the safe and effective use of this medication. It is not a disclosure of all possible adverse or intended effects.

Patients should be warned to avoid exposure to chickenpox or measles and, if exposed, to consult their physician without delay.

Patients should use FLONASE Nasal Spray at regular intervals as directed since its effectiveness depends on its regular use. A decrease in nasal symptoms may occur as soon as 12 hours after starting therapy with FLONASE Nasal Spray. Results in several clinical trials indicate statistically significant improvement within the first day or two of treatment; however, the full benefit of FLONASE Nasal Spray may not be achieved until treatment has been administered for several days. The patient should not increase the prescribed dosage but should contact the physician if symptoms do not improve or if the condition worsens. For the proper use of the nasal spray and to attain maximum improvement, the patient should read and follow carefully the accompanying patient's instructions.

Drug Interactions: In a placebo-controlled, crossover study in 8 healthy volunteers, coadministration of a single dose of orally inhaled fluticasone propionate (1000 mcg, 5 times the maximum daily intranasal dose) with multiple doses of ketoconazole (200 mg) to steady state resulted in increased mean fluticasone propionate concentrations, a reduction in plasma cortisol AUC, and no effect on urinary excretion of cortisol. This interaction may be due to an inhibition of the cytochrome P450 3A4 isoenzyme system by ketoconazole, which is also the route of metabolism of fluticasone propionate. No drug interaction studies have been conducted with FLONASE Nasal Spray; however, care should be exercised when fluticasone propionate is coadministered with long-term ketoconazole and other known cytochrome P450 3A4 inhibitors.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Fluticasone propionate demonstrated no tumorigenic potential in mice at oral doses up to 1000 mcg/kg (approximately 20 times the maximum recommended daily intranasal dose in adults and approximately 10 times the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 78 weeks or in rats at inhalation doses up to 57 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults and approximately equivalent to the maximum recommended daily intranasal dose in children on a mcg/m^2 basis) for 104 weeks.

Fluticasone propionate did not induce gene mutation in prokaryotic or eukaryotic cells in vitro. No significant clastogenic effect was seen in cultured human peripheral lymphocytes in vitro or in the mouse micronucleus test when administered at high doses by the oral or subcutaneous routes. Furthermore, the compound did not delay erythroblast division in bone marrow.

No evidence of impairment of fertility was observed in reproductive studies conducted in male and female rats at subcutaneous doses up to 50 mcg/kg (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Prostate weight was significantly reduced at a subcutaneous dose of 50 mcg/kg.

Pregnancy: *Teratogenic Effects:* Pregnancy Category C. Subcutaneous studies in the mouse and rat at 45 and 100 mcg/kg, respectively (approximately equivalent to and 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis, respectively) revealed fetal toxicity characteristic of potent corticosteroid compounds, including embryonic growth retardation, omphalocele, cleft palate, and retarded cranial ossification.

In the rabbit, fetal weight reduction and cleft palate were observed at a subcutaneous dose of 4 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

However, no teratogenic effects were reported at oral doses up to 300 mcg/kg (approximately 25 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis) of fluticasone propionate to the rabbit. No fluticasone propionate was detected in the plasma in this study, consistent with the established low

FLONASE® (fluticasone propionate) Nasal Spray, 50 mcg

bioavailability following oral administration (see CLINICAL PHARMACOLOGY section of full prescribing information).

Fluticasone propionate crossed the placenta following oral administration of 100 mcg/kg to rats or 300 mcg/kg to rabbits (approximately 4 and 25 times, respectively, the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. Fluticasone propionate should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nursing Mothers: It is not known whether fluticasone propionate is excreted in human breast milk. When tritiated fluticasone propionate was administered to rats at a subcutaneous dose of 10 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), radioactivity was excreted in the milk. Because other corticosteroids are excreted in human milk, caution should be exercised when FLONASE Nasal Spray is administered to a nursing woman.

Pediatric Use: Five hundred (500) patients aged 4 to 11 years of age and 440 patients aged 12 to 17 years were studied in US clinical trials with fluticasone propionate nasal spray. The safety and effectiveness of FLONASE Nasal Spray in children below 4 years of age have not been established.

Oral and, to a less clear extent, inhaled and intranasal corticosteroids have been shown to have the potential to cause a reduction in growth velocity in children and adolescents with extended use. If a child or adolescent on any corticosteroid appears to have growth suppression, the possibility that they are particularly sensitive to this effect of corticosteroids should be considered (see PRECAUTIONS).

Geriatric Use: A limited number of patients above 60 years of age (n=275) have been treated with FLONASE Nasal Spray in US and non-US clinical trials. While the number of patients is too small to permit separate analysis of efficacy and safety, the adverse reactions reported in this population were similar to those reported by younger patients.

ADVERSE REACTIONS: In controlled US studies, more than 3300 patients with seasonal allergic, perennial allergic, or perennial nonallergic rhinitis received treatment with intranasal fluticasone propionate. In general, adverse reactions in clinical studies have been primarily associated with irritation of the nasal mucous membranes, and the adverse reactions were reported with approximately the same frequency by patients treated with the vehicle itself. The complaints did not usually interfere with treatment. Less than 2% of patients in clinical trials discontinued because of adverse events; this rate was similar for vehicle placebo and active comparators.

Systemic corticosteroid side effects were not reported during controlled clinical studies up to 6 months' duration with FLONASE Nasal Spray. If recommended doses are exceeded, however, or if individuals are particularly sensitive, or taking FLONASE Nasal Spray in conjunction with administration of other corticosteroids, symptoms of hypercorticism, e.g., Cushing's syndrome, could occur.

The following incidence of common adverse reactions (>3%, where incidence in fluticasone propionate-treated subjects exceeded placebo) is based upon 7 controlled clinical trials in which 536 patients (57 girls and 108 boys aged 4-11 years, 137 female and 234 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 2 to 4 weeks and 2 controlled clinical trials in which 246 patients (119 female and 127 male adolescents and adults) were treated with FLONASE Nasal Spray 200 mcg once daily over 6 months. Also included in the table are adverse events from 2 studies in which 167 children (45 girls and 122 boys aged 4-11 years) were treated with FLONASE Nasal Spray 100 mcg once daily for 2 to 4 weeks.

Overall Adverse Experiences With >3% Incidence on Fluticasone Propionate in Controlled Clinical Trials With FLONASE Nasal Spray in Patients ≥4 Years With Seasonal or Perennial Allergic Rhinitis

Adverse Experience	Vehicle Placebo (n=758) %	FLONASE 100 mcg Once Daily (n=167) %	FLONASE 200 mcg Once Daily (n=782) %
Headache	14.6	6.6	16.1
Pharyngitis	7.2	6.0	7.8
Epistaxis	5.4	6.0	6.9
Nasal burning/ nasal irritation	2.6	2.4	3.2
Nausea/vomiting	2.0	4.8	2.6
Asthma symptoms	2.9	7.2	3.3
Cough	2.8	3.6	3.8

Other adverse events that occurred in ≤3% but ≥1% of patients and that were more common with fluticasone propionate (with uncertain relationship to treatment) included: blood in nasal mucus, runny nose, abdominal pain, diarrhea, fever, flu-like symptoms, aches and pains, dizziness, bronchitis.

Observed During Clinical Practice: In addition to adverse events reported from clinical trials, the following events have been identified during postapproval use of fluticasone propionate in clinical practice. Because they are reported voluntarily from a population of unknown size, estimates of frequency cannot be made. These events have been chosen for inclusion due to either their seriousness, frequency of reporting, causal connection to fluticasone propionate, occurrence during clinical trials, or a combination of these factors.

General: Hypersensitivity reactions, including angioedema, skin rash, edema of the face and tongue, pruritus, urticaria, bronchospasm, wheezing, dyspnea, and anaphylaxis/anaphylactoid reactions, which in rare instances were severe.

Ear, Nose, and Throat: Alteration or loss of sense of taste and/or smell and, rarely, nasal septal perforation, nasal ulcer, sore throat, throat irritation and dryness, cough, hoarseness, and voice changes.

Eye: Dryness and irritation, conjunctivitis, blurred vision, glaucoma, increased intraocular pressure, and cataracts.

OVERDOSAGE: Chronic overdosage with FLONASE Nasal Spray may result in signs/symptoms of hypercorticism (see PRECAUTIONS). Intranasal administration of 2 mg (10 times the recommended dose) of fluticasone propionate twice daily for 7 days to healthy human volunteers was well tolerated. Single oral doses up to 16 mg have been studied in human volunteers with no acute toxic effects reported. Repeat oral doses up to 80 mg daily for 10 days in volunteers and repeat oral doses up to 10 mg daily for 14 days in patients were well tolerated. Adverse reactions were of mild or moderate severity, and incidences were similar in active and placebo treatment groups. Acute overdosage with this dosage form is unlikely since 1 bottle of FLONASE Nasal Spray contains approximately 8 mg of fluticasone propionate.

The oral and subcutaneous median lethal doses in mice and rats were >1000 mg/kg (>20,000 and >41,000 times, respectively, the maximum recommended daily intranasal dose in adults and >10,000 and >20,000 times, respectively, the maximum recommended daily intranasal dose in children on a mg/m^2 basis).

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Better Homes and Gardens®
2002 Home Improvement Contest

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NO PURCHASE NECESSARY TO ENTER OR WIN. 1. This contest is open to U.S. residents, 18 years of age or older, who are homeowners of the property entered, except employees and their immediate families of Meredith Corporation, cosponsors and their affiliates, subsidiaries, and advertising agencies. Preliminary entry blank must be postmarked by November 1, 2002, and received by December 2, 2002. Final entry form must be postmarked by February 3, 2003, and received by February 28, 2003. Final entry must include photos of project, written description of objectives, receipts for cosponsor prizes, and floor plans (if applicable). Meredith Corporation not responsible for lost, late, misdirected, or illegible entries. 2. You may enter more than one project in the contest, but not the same project in two different categories. Projects may be do-it-yourself and/or those completed by professional contractors/architects/designers. Each project may be entered by only one person. Projects must be completed in 2002. 3. Entries will be judged on appearance, function, and cost-effective use of materials. In case of a tie, the entry with the highest score on appearance will be awarded the prize. Judging will be under the direction of *Better Homes and Gardens®* magazine. Cosponsor awards are also judged by representatives of the cosponsor. Decisions of judges are final. All winners except for cosponsor awards will be chosen on or about June 2, 2003. Cosponsor winners will be selected by August 1, 2003. Winners will be notified by mail. Winners will be required to sign an Affidavit of Eligibility, Assignment and a Release of Liability within 10 days of notification or a new winner may be chosen. Travel companions of Grand Prize winner will be required to sign a release. 4. PRIZES: One Grand Prize includes $10,000, plus an Eight-Day Vacation for four at the Horizons by Marriott Vacation Club in Orlando, Fla., seven nights lodging. Accommodations subject to advance notice, space availability, and black-out dates. Trip must be taken within one year from date of awarding. All other expenses not listed, including airfare, are the responsibility of the winner. Approximate retail value $2,000. Two runners-up will receive $5,000 each. Eight Class A/Three First Place winners will receive $1,500 each; Eight Class B/Three Second Place winners $750 each; Eight Class C/Three Third Place winners $300 each; 72 merit winners will receive $100 each. 5. For a list of prize winners (available after August 1, 2003), send a separate self-addressed, stamped envelope to: *Better Homes and Gardens®* Home Improvement Contest Winners' List, LS 253, 1716 Locust St., Des Moines, IA 50309. 6. Entries and entry materials become the property of Meredith Corporation and will not be returned. By acceptance of prize, winners agree that all rights, including copyright, in all entry materials, are assigned to Meredith Corporation. Submission of entry constitutes permission to use winner's name, hometown, likeness, and information regarding entrant, his/her family, and property by Meredith Corporation and cosponsors in promotion of the contest, unless prohibited by law. The project submitted cannot have been previously published or photographed by, or committed to publication, in any other magazine or medium. 7. Contest is subject to all federal, state, and local laws and regulations. All liability for federal, state, and other taxes are the sole responsibility of each winner. This contest is void where prohibited by law. Residents of AZ, CO, MD, CT, and VT are not eligible to win cosponsor awards. No prize transfer or substitution. 8. PLEASE DO NOT SEND PHOTOS OR PROJECT PLANS WITH PRELIMINARY ENTRY FORM. SEND ONLY ONE PRELIMINARY ENTRY BLANK PER PROJECT.



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where weekends rule

Break away to a place where family time is laid-back and surfing still involves ocean waves instead of the Web.



Written by Shawn Gillinm Photographed by John Reed Forsman Styled by Elle Roper



The main idea is to decompress," Ron says. "I've had people ask us if there's a phone at the house. We do have a phone, but it wouldn't have been a bad idea to leave it out."



saturday morning at the beach

Fridays can be frenetic, packing toys, clothes, and groceries for half the day, followed by five hours behind the wheel of a minivan. But for Atlantans Greta and Ron Maddox, catching the sunrise come Saturday is worth the time and trouble: It signals the weekend's start and the green light to *stop*. "We're used to running, running, running," Greta says. "It's good to be forced to slow down once in a while."

There's no choice but to slow down on Hunting Island, just off the South Carolina coast near Beaufort. The final leg of the journey to this calming shore takes the Maddoxes across four small islands and a pair of drawbridges, where shrimp trawlers and sailboats command the right-of-way while cars idle. Greta and Ron first experienced this low-key lifestyle three years ago, tossed the rat race to the wind, and bought a no-frills, family-friendly weekend place there. The home straddles a strand of palmettos and the beach—and for the sake of the sunrise, it faces the Atlantic Ocean.

The morning sun shines into the master bedroom (*left*), where Greta Maddox plays with infant daughter Sidney. The first-floor room sits a few steps from the beach, where Ron (*top left*) savors a cup of coffee and the sound of the rising tide. Upstairs, big windows and a deck (*top right*) provide a vista second only to the one from the beach.



The Maddoxes kept the spectacular view in mind as they remodeled the 1,500-square-foot house—which, despite its prime beachfront location, had seen better times (see the sidebar, *opposite*). Ron, who has a master's degree in architecture, blended the living and dining areas into a single space. He added windows and kept the floor space as open as possible, ensuring that even the back-of-the-house kitchen would benefit from the sunlight and scenery. But in the living room, where most of the windows are, "the ocean is right in front of you," says Greta. "You feel like you're outside because it's so close."

Even though the living room is the home's most decorated space, it's nothing fancy or formal. Pale blue walls and crisp white trim convey a charming beach-house look. Cozy furniture accommodates stretching out with the morning edition of the *Beaufort Gazette* or playing with the kids.

remodeling a wreck



Greta and Ron bought much of their furniture, including the living room tables and the outside Adirondack chairs, at a small hardware store. "The furniture is tolerant of abuse," Greta says. "We purposely didn't buy things we would really love and then be upset if they were ruined."



Two years ago, Greta and Ron Maddox bought their beach house from a widower who hadn't visited Hunting Island since the death of his wife more than 10 years earlier. The neglect had created, in Ron's words, a "maintenance nightmare." Ron, who studied architecture, served as the designer and general contractor for the home's remodeling. He supervised workers from Atlanta who stayed at Hunting Island for almost 10 weeks.

The workers gutted much of the lower level, carving out space for three bedrooms and modernizing an existing bath. A tiny upstairs bath was remodeled, as well, and now includes a whirlpool tub. Ron then enclosed an upper-level screen porch to serve as the home's main living space—bringing wide-angle ocean views inside. The home's ill-planned original staircase interrupted the floor plan here, so he moved it to the back of the house.



As structural changes were made, Ron upgraded the home's wiring and put in new plumbing lines. He also replaced the septic system.

Most of the horizontal slats in the jalousie windows were dilapidated, and those with missing panes had been shoddily covered with plywood. So Ron replaced nearly all of the windows with double-paned, aluminum-clad wood units. The new window sizes required Ron to replace some of the home's cypress board-and-batten siding. He unified the old and new lumber using a driftwood-color, semitransparent stain.

On the beach side of the house a glass door accesses a deck addition. Ron saved a 100-year-old live oak tree growing next to the house by building the 12×22-foot deck around it, but he chose to tear down a hodgepodge of storage sheds that blocked the area and marred views of the ocean and woods.





the day whiles away

The wide-open living area was designed for family fun and can comfortably corral Greta and Ron's three daughters—5-year-old Madison and 1-year-old twins Sidney and Taylor—especially as they grow older and more rambunctious. The space also serves multiple functions. Built-in daybeds, for instance, provide a place for family members to read; come nighttime, the beds can accommodate overnight guests.

Whatever the hour, memories are in the making. "I think that going to the same place every year is important, especially as you're growing up," Greta says. "It gives you something to anticipate because you know what's there. I want my children to have that."

Family get-togethers are among the most memorable weekend activities. After the cereal boxes and breakfast dishes are put away, it doesn't take long before Greta and Ron are welcoming company. Often among the visitors is Ray Maddox, Ron's brother, who gave up a corporate job in Charlotte, moved with his wife to Beaufort, and started painting Low Country landscapes for local galleries. His oils hang in four of the home's rooms (including the living room, *right*), reflecting the region's beauty and how it brings the family together.

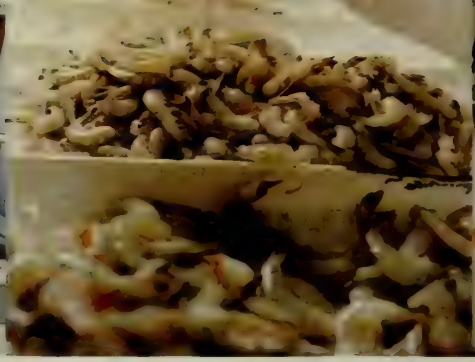
A piece of history in the form of a jalousie window remains in the nook (*top left*), just off the living room. The built-in daybeds are new, as is the pine flooring in the living/dining room (*right*). Another addition: the two louvered doors set in a pocket-door-style track (behind the breakfast table, *top right*) that slide to close off the tub.



When I go on walks with Madison, we pick up lots of things," Greta says. "Oftentimes, they're just branches and rocks, but we try to do something with them."









"The children love it," Ron says. "It doesn't matter if...





the low country boil

Afternoon means it's time for Ron and Madison to visit Gay Fish Co., a longtime seafood market on nearby St. Helena Island, where fishermen haul in their catches. "We see if a brown pelican is there and whether mister brown pelican has a name," Ron says. "Then we see if we can count the types of fish and the number of boats. It's a great opportunity for Madison, and one day she will develop an appreciation for it."

The trip's more practical purpose, however, is to buy fresh shrimp for a Low Country boil (for the recipe, see *page 252*). Family members drive in from





they like the food; they like eating with their hands."



Beaufort, Charleston, Savannah, and Augusta, converging on the beach as they have for decades. "It actually goes back to my grandma," Ron says. "She started a tradition of taking the family down to the coast, and we've kept the tradition up so that everyone gets together."

(*Top, from left to right:*) A trip to the fish market gives the family a chance to check out the boats and the catch of the day. Later, Ron and sister Dianne Gay prepare the food in the kitchen. Cooking activities move to a propane stove on the beach, where brother Ray paints. (*Above, from left to right:*) Ron pours the feast from a 45-gallon pot onto a newspaper-covered picnic table, where it's enjoyed by three generations of his family.



"We've made it a priority to teach our children a respect for wildlife and its habitat," Ron says.



As activities wrap up and evening approaches, calm returns to Hunting Island. Before stars fill the sky, Greta and Ron survey the sand dune reclamation project they initiated on the island. Last year, they installed 400 feet of fencing on the beach to help secure dry nesting areas for the loggerhead turtles that regularly crawl ashore to lay eggs. Mother Nature responded by building a series of deep, rippled sand dunes. Later in the summer, during one of the Maddoxes' weekend trips, three loggerheads came in with the waves and laid eggs within 500 feet of the house. "In September, Madison and her mom got to see nearly 50 hatchlings make a mad dash for the ocean," Ron says. "We're so fortunate to expose our children to that. It was the discovery of a lifetime."

Buying information, page 300
For more decorating ideas, see www.bhg.com/arrangearoom

The Maddoxes hope to help replace sand dunes on all four miles of Hunting Island's beaches, as they have near their home (*above*). That way, Greta and Madison (*left*) can enjoy wet walks knowing the shoreline is protected.

F Holdings

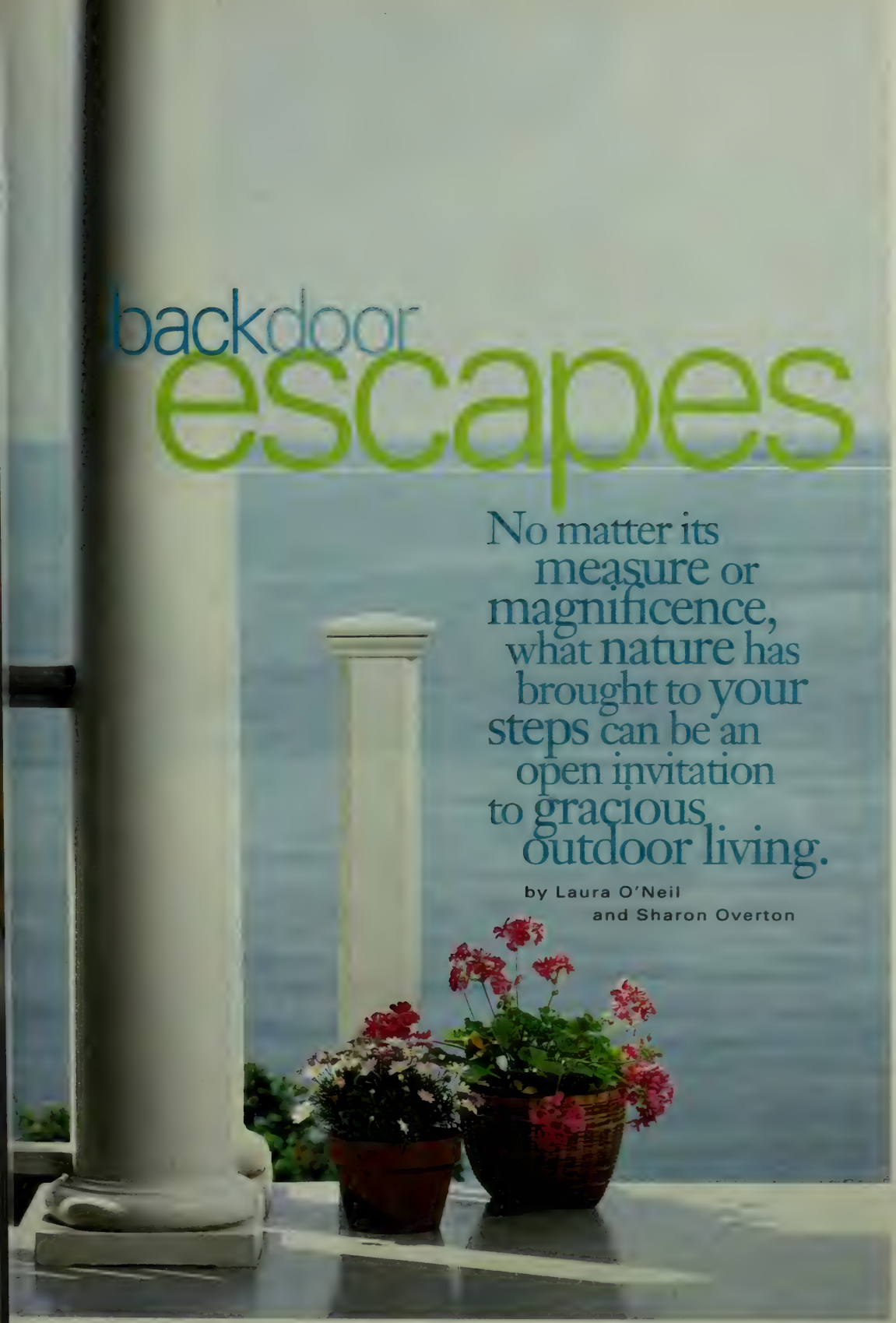

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by Laura O'Neil
and Sharon Overton



"It's all about capturing the calming quality of the great horizon line. That's what people feel and love."

—Joe Schiffer

Architect Joe Schiffer recognized that his clients' home lacked a luxurious link to the grand vistas of Connecticut's shoreline. "The house and the environment called out for a classic veranda," Schiffer says. The porch's features would provide the frame for an inspiring picture of Long Island Sound.

Working with the homeowners, the architect redesigned the original rickety porch into a 650-square-foot wraparound veranda, more than doubling the size. "My clients knew that they'd be spending a lot of time there," Schiffer says. "The views keep one lingering all day and night."





A trellis overhang (*lower left*) was built at the turret end of the porch "to create transparency and light," Joe Schiffer says, "and still allow for some protection from the elements." Stretching the roof around the corner seemed too confining.



The porch comes to an appealing curve (*left*) following the lines of the home's turret wall. A trellis top reveals peeks of sky through the twisting vines of purple-blooming wisteria.

The homeowners wanted a large outside living area where their children and grandchildren could come to dine, rest, or play comfortably. The porch would be the place where summers would be remembered.

Important elements of the old porch—the built-up round columns, the balustrade, and the location and width of the steps—were replaced with new ones tailored to suit the shingle-style home. The old fieldstone detailing on the piers under the columns was also rebuilt.

"The cost difference of curving the porch versus keeping it straight was minimal—an extra ten percent to total expenses," Schiffer says. The curving involved one main beam and railing.

Another design enhancement was adding custom-built lattice panels to the apron and along the sides of the steps. This helped to ventilate the underside of the porch.





The double columns at the stairs (*left*) were part of the original porch design and make a dramatic entrance. The placement of the columns remained the same, but the old posts were replaced by new hollow columns made of pine.

Mom likes to collect American antiques and quilts (*above*) to create a spirit of relaxation on the porch.



"A porch gives you a chance to casually visit rather than be invited.... It gives you more chance to be neighbors." —Betty Debnam

In the Old Village of Mount Pleasant, South Carolina, an occupied porch is as good as a blinking neon welcome sign. "So many people are up and down our street, walking or strolling," Betty Debnam says. "If George and I are out, they'll come up and chat for a while." And if the Debnams' meandering porch seems to have a particularly strong pull, it may have something to do with its history. The 1827 cottage started its life as a country church called the Chapel of Ease.



Whether it's breakfast for one or coffee for a crowd, quiet mornings on the screened porch (*left*) are Betty's favorite times. The wicker table and chairs were handed down from family members.

An open-gate policy (*right*) means neighbors are welcome to wander up the path. (*Above*) Mattie Dodds, Isabel Cochran, and Bo Crouch drop in for lemonade and a game of cards.





A folk art flag (*right*) inspired the porch's patriotic color scheme. Over the years, collecting for the porch has become a group activity. "My friends and I love to take road trips and shop until we drop," Betty says.



Brownish-red paint is a subtle thread linking many of the porch's elements, from the screened door (*below*) to twig furniture (*far right*), which Betty peeled and painted for a finished appearance. A growing collection of primitive birdhouses also has come to roost on the Debnam porch. Betty finds them on antiquing forays across the South.





There's little now to indicate that this cheerful space was once a sanctuary, save an old pew that serves as a perch for the neighbor kids' card games (*below*). Like most Low Country houses, the wrap-around porch is built to catch prevailing breezes. The L-shaped design also helps reinforce a subtle etiquette: While front porches are fine for drop-ins, the back porch is reserved for quiet moments and private entertaining. Come nightfall, the screened area also provides refuge from the region's infamous mosquitoes.

When the Debnams bought this house 19 years ago, the porches had become a haven for termites and had to be torn off. There was no question they would be rebuilt, Betty says. "They're just part of the way we live."

PHOTOGRAPHS: GORDON BEALL. REGIONAL CONTRIBUTOR: LYNN MCBRIDE

Porches were a necessity in the sweltering days before air conditioning drove people indoors. Now, a renewed longing for community is driving folks back out to their porches.





Betty's casual country scheme is somewhat unusual in an area where stately white columns and straight-back rockers are more the norm. The rustic look suits the house's wooded setting.

"The deck is a place where the sounds of nature, rather than technology, nourish our conversations with family and friends."

—Chris Shelburne

Heavy career demands motivated Lynette and Chris Shelburne of Seattle, Washington, to carve out their own backyard haven. Knowing that time spent together is a precious commodity, the couple built a tri-level cedar deck as an outdoor extension of their living room. "We wanted a tranquil gathering area for our family," Chris says, "a place away from the distractions of contemporary life, where we could escape and entertain."

With the help of landscape designer Shelly Johansson, the couple decided on a Japanese garden theme complete with a koi pond. The project commenced without design blueprints. Instead, Chris instructed Johansson to use her intuition in shaping the topography of the site, and to treat the project as a blank canvas at the start.





This is the largest of the deck levels and where most of our entertaining takes place," Lynette says. To enhance the experience, the couple installed outdoor stereo speakers and timer-controlled lights.



Plants with a simple, "Zenlike" look bring calm to the deck setting. The plantings include five kinds of bonsai pines, a bonsai azalea, three kinds of bamboo, a Japanese red maple, six kinds of ornamental grass, and four kinds of ground cover.

The Shelburnes' deck was designed to deliver 600 square feet of open-air living without forcing removal of trees. Its three levels nestle into the evergreens and effortlessly hug the shape of the land. A 4,500-gallon koi pond was installed, and 32 tons of granite boulders were used to create the waterfall. To add privacy, a living fence of bamboo was planted along the property line.

"Our yard has become an oasis of peaceful contemplation," Chris says. "The sounds of the water rushing down into the pond and the wind blowing through the bamboo have helped to erase the stress of the day."

The couple agreed that keeping koi and tending a large garden have been challenging new hobbies. But the time spent sitting with their young daughter, talking, watching the fish, and listening to the birds sing has been precious.

(*Clockwise from top*): A Japanese-inspired granite sculpture ushers stone stairs that lead from the garden toward the house. The Japanese teahouse is actually a working birdhouse. Little details, such as the rock set into the deck, blend nature and the space. To keep the koi protected from predators, the water level must be at least 12 inches below the top of the deck and 4 feet deep. The bench creates a visual and solid boundary between the deck and the neighbor's yard. The deck's design serves as a piece of living art visible from the main living areas of the home.

"It started as a practical thing. Two hundred lights later... I walk out there and think, 'My god, what have I wrought?'"

—Scott Mayers

As a psychotherapist, Scott Mayers understands obsession. But even he is somewhat at a loss to explain how a simple need to light a path at night became the Alice in Wonderland fantasy that is his Venice, California, garden.

Tucked behind an 8-foot wall and a thick tangle of wisteria, Mayers' garden is a dense tropical jungle that seems to have magically sprouted hundreds of lanterns of every conceivable shape, color, and size. The lanterns hang from trees like giant pods. At night, they twinkle like a quirky constellation.

The idea started when Mayers moved his practice to this compound of early 20th-century bungalows that is also his home. "I needed some sort of lighting for clients leaving late at night."





The garden is comprised of several outdoor rooms and paths linking the four cottages where Mayers lives and works.

He bathes in the outdoor tub, rain or shine. The fountains are rigged with toilet works, so they refill automatically.







Despite its beauty, the garden is a "labor of love that requires constant attention," Mayers says. To avoid fire or shock, the lanterns are on a low voltage. But this electrical system has downsides: It requires heavy transformers. Low-voltage bulbs are expensive and burn out quickly when exposed to the elements. The salt air also corrodes the sockets. "I keep an electrician busy all year."

A former caterer and property developer, and now an inveterate collector, Mayers' life has evolved, just like his garden, as an "unexpected magical endeavor."



Ordinary garden lights were not special enough, so he searched flea markets for inexpensive glass and ceramic globes from the 1950s-70s. An electrician wired them for low-voltage bulbs and linked them on timers so they go on at dusk.

Though the garden is a private space for Mayers and his clients, he's no longer surprised to find visitors in his paradise, including, once, two elderly ladies enjoying sack lunches. "To have this oasis is a luxury," he says. "It makes me smile."





"Collecting is probably a definition of the self," Mayers says. Hidden in the nooks and crannies of his garden are clues to his own personality: glass candy dishes from the 1920s–50s, a piece of a wrought iron fence, giant urns, and vintage toys.

Buying information, page 300

For more deck ideas, click on www.bhg.com/decksplus

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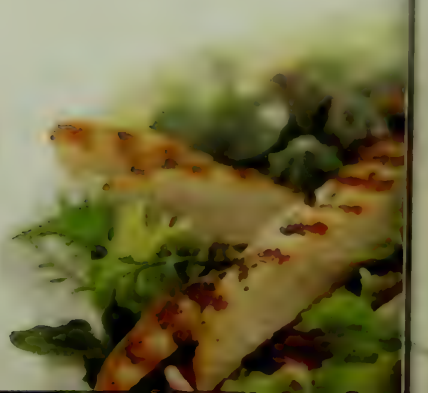
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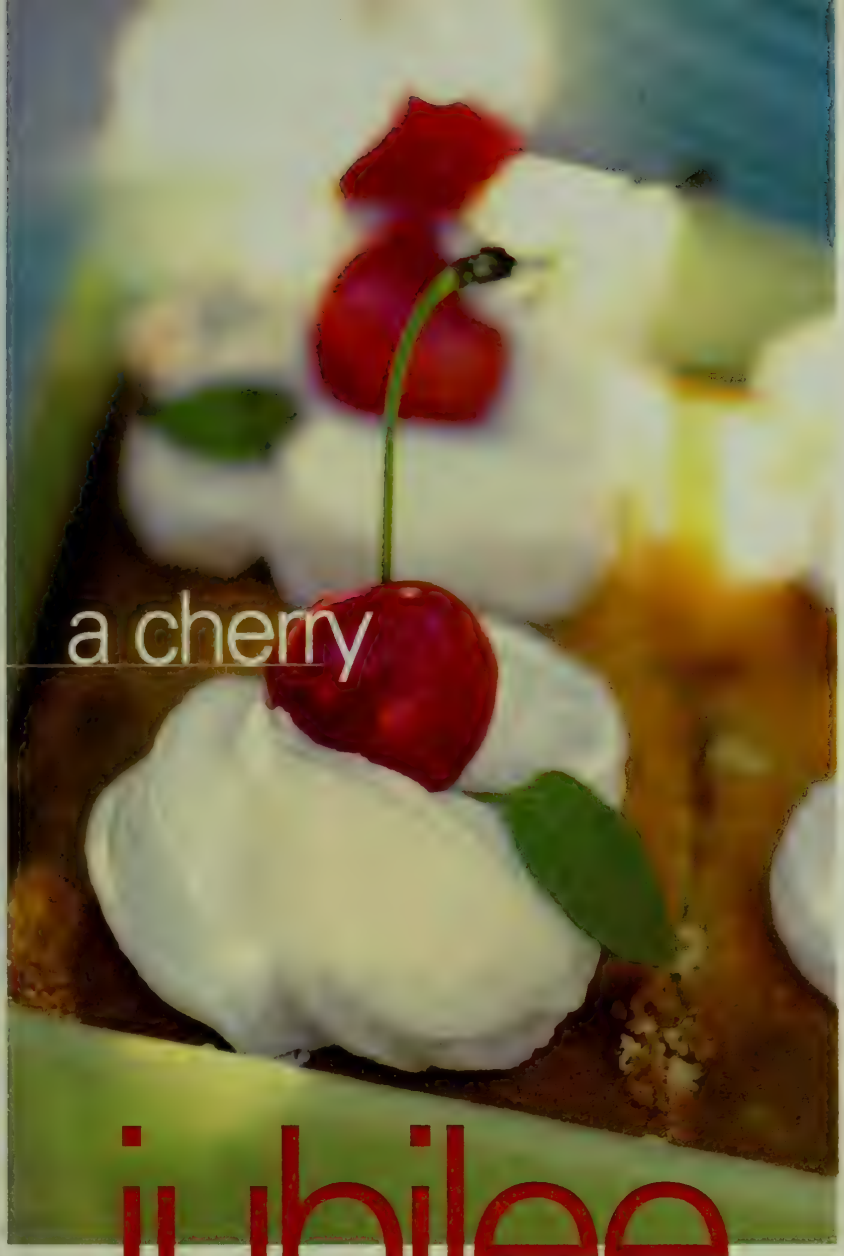
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w w w . t y s o n . c o m



a cherry jubilee

Produced by Nancy Wall Hopkins and Jeanne Ambrose
Photographed by Colleen Duffley

A baby blue sky that goes on and on and on. Comfy soft blankets on the grass. A plump drippy sandwich nearly too big to bite. You know what it all means: an old-fashioned outdoor summer feast.



For starters:



shades of fun

Bright beams of sunshine bursting from the sleepy morning sky are all the incentive you need to kick off your picnicking hoopla. Food is the focus here, but the setting—and the setup—adds fun. We'll show you how to do it all the easy way. Start a week or so ahead and get a little hype going by hand-delivering a delicious invitation, in this case a jar of jaunty red Just Cherries or preserves like the ones pictured (*above*). Try our recipe on *page 242*, or pick up some at the grocery store.

On the day of the picnic, tote it all to the park or field—or just step outside your back door. Take along your favorite flea-market finds too: an old chair or two, chunky go-anywhere dishes, and reliable Mason jars. Toss in big, cushy pillows. Of course, don't forget the food and lots of ice. An easy-up canopy for shade can be fashioned from red-checked cloth tied onto wooden shower curtain rods (see directions, *page 240*).





(*Above right*): **Hit-the-Spot Lemon Water** couldn't be simpler: lemon and fresh herbs swimming in icy cold water. Radishes and cucumbers keep their cool in a bowl plunked onto a tub of ice. But the big wow is in the little green cup. It's **Gingered Salt with Cukes and Radishes** (*right*), a tongue-tingling mix of candied ginger and salt for dipping veggies.

Recipes begin on page 242


Step up to

the plate

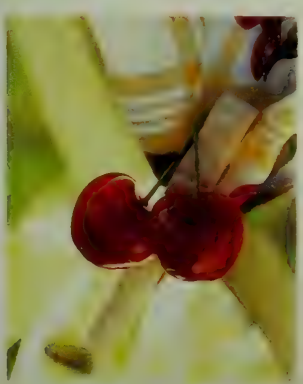
This over-the-top alfresco feast is worth a little extra fuss. You'll find out fast that a heap of cherries makes an effortless centerpiece and looks irresistible when flaunted inside a pudgy glass jar (see photo, *page 238*). Two-handed, herb-poached salmon sandwiches are tastier when made with a great crusty bread.

Always be sure to watch the temperature of your food. You know the mantra: Keep hot foods hot and cold foods cold. There are plenty of insulated carriers and coolers to help you out. Roomy baskets and tubs make charming carryalls for plates, napkins, and other essentials.

And fresh cherries go everywhere. Turn them into fanciful table weights—with the help of some wooden clothespins. They'll keep your tablecloth from flapping skyward in the breeze. Just bunch up the dangling tablecloth at each corner and tie it with a ribbon. Then use clothespins to clip a couple of cherries by their stems to the ribbon or cloth.

Recipes begin on page 242

Right, bottom to top): A casserole of **Peachy Baked White Beans** has a fruit and sage spin. **Cantaloupe and Tomato Salad** takes on a peppery snap from a handful of watercress. Feta cheese and sugar snap peas highlight **Potato Gnocchi Salad. Salmon Picnic Sandwiches** start with chilled poached salmon topped with a chunky olive-and-onion relish.





just kidding

Allow wide open

spaces for play. All the whooping and hollering and zigzagging between the trees will stir up kids' appetites. If the grown-ups are really nice, the kids might even let them join in on a giddy game of "Ring Around the Rosey." Bring a favorite red wagon, hula hoops, and a net for chasing butterflies.

Give the small-fry their very own lunch baskets and a kid-size dining nook far enough from the adults to encourage general silliness and goofy gobbling.

Need soft places to sit? Grab some bright comforters or sleeping bags and fold them into fanny-sized squares.

Remember to point the way to the frolicking festivities and each special area by scrawling fun signs on paper plates gussied up with bows and ribbon.

(*Right*): Giggling is guaranteed when the kidlets get a load of the **Lumpy PB&J Roosters** in a nest of shoestring potatoes. The **Carrots with Dried Fruit Confetti** and honey cream cheese are downright yummy too.



Recipes begin on page 246



(*Above*): **Wild Blueberry Pies**, just the right size for hand holding, get their daisy look from a cookie cutter. Tote the **Cheery Cherry-Lemon Cake** and the whipped cream in separate containers, then doozy it all up by plopping a creamy cloud on each piece and topping with a cherry and a mint leaf.









Make a closing statement with some show-off desserts and caramel-dipped pretzels decked in chocolate and pecans. This is another terrific place to flaunt cherries. Start with a bright red clothesline tied between two trees (*below*). Make (or buy) little waxed-paper pouches for the candy-coated pretzels. Attach each pretzel package to the line with more clothespins. A few fresh cherry baubles get clipped on for a flashy finish.

Recipes begin on page 248

...the end

(*Above* and *below*): Sweet, salty, and crunchy, these make-ahead **Turtle Pretzels** are meant to be take-home treats—if anyone can wait that long.





getting there

Pick a theme: Cherries, cherries, and more cherries. They're in season and covering everything from whimsical fabrics to ribbons to dishes. Of course, a handful or two of the real thing makes your decorating job all the easier. Plump fresh cherries also make great bribes for hungry helpers.

Embellish, embellish, embellish: If one is good, three is better, and more is, well, merrier. Jars piled with sunny lemons and jolly Granny Smith apples help set the table for the feast. Color is key for accoutrements too. Go with happy summer yellows, greens, and reds. Then search for fun new finds from the department store (check out the grassy green tote, *below*), mixed with old standbys from home, such as a vintage cherry-red cooler or bright yellow tablecloths.

Yummy stuff: Stay with the season's bounty and you'll be guaranteed standout flavor. Start in the garden patch or the farmer's market. Watermelon is showing up in great new colors. So are radishes. Grab some. Snip herbs to freshen up a salad. Or perk up old recipes with new spins.

Pitching the canopy

With an eager helper, some happy-go-lucky fabric, and six wooden shower rods (about 2 inches in diameter), you've got the fixings for an open-air party tent (see ours on *page 232*). You'll need a ball of twine, some perky ribbon, and 30 minutes or so.

Upward bound: For our canopy, we used about six yards of fabric. The 8-foot wooden rods go into the ground easily if you first saw a wedge-shaped piece from the bottom of each to form a rough point.

Use a hammer to pound one pole into the ground. Gather a corner of the fabric and place it over the pole. Secure the fabric to the pole by wrapping with plenty of twine. Camouflage the twine with a bright ribbon tied in a knot (see photo, *below*). Repeat with remaining poles positioned at appropriate intervals to form a canopy.

Buying information, page 300

Picnic ideas at www.bhg.com/perfectpicnics











A Cherry Jubilee

Just Cherries

These lemongrass-infused cherries are refreshingly tart, so they're wonderful paired with sweeter companions like chocolate ice cream.

Prep: 45 minutes **Cook:** 35 minutes

- 2½ lb. fresh tart red cherries or two 1-lb. pkg. frozen unsweetened pitted tart red cherries
- 1 cup sugar
- ½ cup water
- 4 large stalks fresh lemongrass, trimmed and cut into 2-inch pieces, or 4 tsp. finely shredded lemon peel
- 1½ tsp. vanilla

1. If using fresh cherries, rinse and drain cherries; remove stems and pits. Measure 6 cups. In a large saucepan combine cherries, sugar, water, and lemongrass or lemon peel. Bring to boiling; reduce heat. Simmer, uncovered, for 35 minutes. Remove from heat. Stir in vanilla.

2. Ladle the fruit mixture into clean half-pint jars or storage containers. Cover and store for up to 3 weeks in the refrigerator; remove lemongrass, if using, after 1 week or before serving. Makes 4 half-pint jars (4 servings per jar).

EASY CHERRY PITTING

A cherry pitter works best to remove that hard seed, but if you don't have this tool, use a clean paper clip. Slide the wide end of the clip into the top of the cherry. When you feel the pit, hook it and give it a tuggy flip; it will pop out. (It takes some practice and, beware, is slightly messy.)

continued on page 242

Family Food Ideas FFI

CAMPBELL'S 2-Step Beefy Taco Joes

- 1 lb. ground beef
- 1 can (10¾ oz.) CAMPBELL'S® Tomato Soup
- 1 cup Pace® Chunky Salsa
- ½ cup shredded cheddar cheese
- 8 round sandwich rolls, split

Brown ground beef. Add can CAMPBELL'S® Tomato Soup and cup salsa. Heat through. Top with shredded cheddar cheese. Serve on rolls.

Serves 8

NESTLE Famous Fudge

- 1½ cups granulated sugar
- ⅔ cup NESTLÉ® CARNATION® Evaporated Milk
- 2 Tbsp. butter or margarine
- ¼ tsp. salt
- 2 cups miniature marshmallows
- 1½ cups (9 oz.) NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Morsels
- 1½ cups chopped walnuts or pecans (optional)
- 1 tsp. vanilla extract

Line an 8-inch square baking pan with foil.

Combine sugar, evaporated milk, butter and salt in medium, heavy-duty saucepan. Bring to full rolling boil over medium heat, stirring constantly. Boil, stirring constantly, for 4 to 5 minutes. Remove from heat.

Stir in marshmallows, morsels, nuts and vanilla extract. Stir vigorously for 1 minute or until marshmallows are melted. Pour into prepared pan; refrigerate for 2 hours or until firm. Lift from pan; remove foil. Cut into pieces.

Makes 49 pieces

SURE-JELL Raspberry Peach Freezer Jam

- 3½ cups prepared fruit (buy about 1½ pt. fully ripe red raspberries and about 1¼ lb. fully ripe peaches)
- 7 cups sugar, measured into separate bowl (See tip below.)
- ¼ cup water
- 1 box SURE-JELL® Fruit Pectin

Rinse clean plastic containers and lids with boiling water. Dry thoroughly.

Crush raspberries thoroughly, one layer at a time. (Press half of pulp through a sieve to remove some of the seeds, if desired.) Measure exactly 2 cups prepared raspberries into large bowl. Peel and pit peaches. Finely chop or grind fruit. Measure exactly 1½ cups prepared peaches into bowl with raspberries. Stir in sugar. Let stand 10 minutes; stir occasionally.

Mix water and pectin in small saucepan. Bring mixture to boil on high heat, stirring constantly. Continue boiling and stirring for 1 minute. Stir pectin mixture into fruit mixture. Stir constantly until sugar is dissolved and no longer grainy, about 3 minutes. (A few sugar crystals may remain.)

Fill all containers quickly to within ½ inch of tops. Wipe off top edges of containers; quickly cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or freeze extra containers up to 1 year. Thaw in refrigerator.

Makes about 7 (1 cup) containers.

Important Tip: *To get exact level cup measures of sugar, spoon sugar into dry metal or plastic measuring cups, then level by scraping excess sugar from top of cup with a straight-edged knife.*

Sure-Jell ad on page 244

A Cherry Jubilee

continued from page 241

Nutrition facts per serving: 79 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 20 g carbo., 1 g fiber, and 1 g pro. Daily Values: 16% vit. A, 11% vit. C, 1% calcium, and 1% iron.

Hit-the-Spot Lemon Water

You'll be amazed at the subtle flavors that pop out when you soak lemons and fresh herbs in water for a few hours. It's pure, thirst-quenching goodness—no sugar needed.

Prep: 15 minutes **Chill:** 1 to 8 hours

- 4 lemons, sliced
- 1½ cups firmly packed fresh mint or basil leaves
- 6 to 8 cups bottled water or tap water
- 6 to 8 cups ice cubes
- Fresh mint or basil sprigs

1. Place lemon slices in a large pitcher. Carefully rub the 1½ cups basil or mint leaves between the palms of your hands to slightly bruise the leaves. Add to pitcher with lemon. Pour in water. Cover and chill for 1 to 8 hours. Strain lemon-water mixture. Discard herbs. Divide lemon slices and additional fresh mint or basil leaves equally among 8 pint-sized canning jars (or plastic water bottles).For each serving, add 1 cup of ice cubes; fill with the lemon water. Add lids when transporting the jars. Makes 6 to 8 servings.

Nutrition facts per serving: 11 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 8 mg sodium, 4 g carbo., 1 g fiber, and 0 g pro. Daily Values: 0% vit. A, 34% vit. C, 1% calcium, and 1% iron.

Gingered Salt with Cukes and Radishes

Candied ginger, which you can buy in major markets or specialty stores, adds a spicy snap to this dipping salt.

Prep: 10 minutes **Stand:** 24 hours

- ½ cup coarse-grained sea salt or kosher salt
- 2 to 3 Tbsp. chopped crystallized ginger
- Baby cucumbers, halved lengthwise, or medium cucumbers, halved crosswise and cut lengthwise into wedges, peeled, if desired
- Radishes

1. In a screw-top jar combine salt and ginger. Screw on the lid. Shake well to combine. Let stand for 24 hours or up to 1 month. Serve salt with cucumbers and radishes. Makes ⅔ cup (48 servings).

Nutrition facts per serving: 12 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 804 mg sodium, 3 g carbo., 1 g fiber, 1 g pro. Daily Values: 3% vit. A, 10% vit. C, 1% calcium, and 1% iron.

Peachy Baked White Beans

Tote these summertime baked beans to the feast in an insulated carrier to keep them hot.

Prep: 20 minutes **Bake:** 1½ hours **Cook:** 1 hour **Stand:** 1 hour

- 1 lb. dry white beans, such as great Northern, cannellini, or navy beans (about 2⅓ cups)
- 1 to 1½ lb. meaty smoked pork hocks
- 3 medium peaches, pitted and cut into wedges (about 3 cups)
- 1 cup chopped onion (1 large)
- 1 cup peach nectar or apple juice
- ¼ cup packed brown sugar
- 2 Tbsp. snipped fresh sage or 2 tsp. dried sage, crushed
- ½ tsp. salt
- ½ tsp. pepper
- 1 or 2 medium peaches, pitted and sliced
- Fresh sage sprig

1. Rinse beans. In a large Dutch oven or pot combine beans and 8 cups water. Bring to boiling; reduce heat. Simmer for 2 minutes. Remove from heat. Cover and let stand for 1 hour. (Or, place beans in water in Dutch oven. Cover and let soak in a cool place overnight.)

2. Drain and rinse beans. Return beans to Dutch oven. Add pork hocks. Stir in 8 cups fresh water. Bring to boiling; reduce heat. Cover and simmer for 1 to 1½ hours or until beans are tender, stirring occasionally. Remove hocks; set aside. Drain beans. When cool enough to handle, cut meat off bones; coarsely chop meat.

3. Preheat oven to 300° F. In a 2½- to 3-quart casserole combine the beans, meat, the 3 cups peach wedges, and onion. Stir in peach nectar, brown sugar, sage, salt, and pepper.

4. Bake, covered, for 1 hour. Uncover and bake 15 minutes more or until desired consistency, stirring occasionally. Before serving, top with remaining peach slices and fresh sage sprig. Makes 10 to 12 servings.

Nutrition facts per serving: 229 cal., 2 g total fat (1 g sat. fat), 6 mg chol., 139 mg sodium, 43 g

continued on page 244

THREE GREAT PICNIC WINES

Pull the cork from any of this trio and you'll be treated to a juicy, fruity glass of deliciousness that lifts moods and brings a sense of occasion to any outdoor meal.

Yellow Tail 2001 Chardonnay $6: Keep it icy cold, and this peachy-flavored Australian white will keep you and your guests company from the time you first peek into the picnic basket to that slightly sad moment when you head for home.

Firesteed 2000 Pinot Gris $10: A white wine that gives you the same refreshing experience as biting into a crisp green apple. That Potato Gnocchi Salad on page 244? This is the wine to serve with it—or any of the other dishes in this story.

Clos Du Bois 2000 Pinot Noir Sonoma County $17: A smooth-drinking red wine that's perfect with a big, rare roast beef sandwich or a grilled anything. Keep cool—but not cold—and you'll be rewarded with flavors of cherry and plum.

—Richard Swearinger

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- ☐ Do your guests crave something bold and delicious every time you grill?

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"30 Minutes to Homemade" Strawberry Jam

1 qt. ripe strawberries, mashed
4 cups sugar (do not reduce sugar)
3/4 cup water
1 box SURE•JELL® Fruit Pectin
Plastic storage containers

MEASURE 2 cups mashed strawberries into large bowl. Stir in sugar. Let stand 10 minutes, stirring occasionally.

BRING water and pectin to boil in small saucepan on high heat, stirring constantly. Continue boiling and stirring for 1 minute. Stir into fruit mixture in bowl. Stir 3 minutes or until sugar is completely dissolved.

FILL containers quickly to within 1/2 inch of tops; cover with lids. Let stand at room temperature 24 hours. Jam is ready to use. Refrigerate up to 3 weeks or freeze up to 1 year; thaw in refrigerator. Makes about 6 cups.



CERTO Method: Omit water and boiling step. Mix 1 pouch CERTO Fruit Pectin and 2 Tbsp. lemon juice in small bowl. Stir into fruit mixture in bowl. Continue as directed above. Makes about 4 cups.

Available in the baking section.

KRAFT kraftfoods.com

All of the love. None of the labor

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A Cherry Jubilee

continued from page 242

carbo., 10 g fiber, and 12 g pro. Daily Values: 6% vit. A, 11% vit. C, 8% calcium, and 12% iron.

Cantaloupe and Tomato Salad

For the freshest taste, carry dressing and other ingredients in separate containers or sealed plastic bags and keep them in the cooler. Toss everything together just before it's time to summon picnickers to the table.

Prep: 25 minutes

- ¼ cup olive oil
- 2 Tbsp. balsamic vinegar
- 1 green onion, finely chopped
- ¼ tsp. salt
- ¼ tsp. pepper
- 2 cups lightly packed watercress
- 1 medium cantaloupe, halved, seeded, peeled, and cut into thin wedges
- 2 cups red and/or yellow pear or cherry tomatoes, halved or quartered
- 4 oz. crumbled goat cheese with garlic and herbs

1. For dressing, in a screw-top jar combine olive oil, balsamic vinegar, green onion, salt, and pepper. Shake well to combine.

2. In a large bowl carefully toss together watercress, cantaloupe wedges, and tomatoes. Sprinkle with goat cheese. Drizzle with dressing. Toss gently to coat. Makes 8 servings.

Nutrition facts per serving: 149 cal., 11 g total fat (4 g sat. fat), 11 mg chol., 160 mg sodium, 9 g carbo., 1 g fiber, 4 g pro. Daily Values: 62% vit. A, 70% vit. C, 6% calcium 4% iron.

Potato Gnocchi Salad

Look for potato gnocchi in specialty food shops. We liked the small fresh gnocchi found in sealed plastic pouches. Larger gnocchi tends to be heavy in this refreshing summer salad.

Prep: 25 minutes **Cook:** 5 minutes
Chill: 4 to 24 hours

- 2 cups sugar snap peas (8 oz.), ends trimmed and halved crosswise
- 8 oz. potato gnocchi or small new potatoes, quartered
- ½ of a 4-oz. pkg. (½ cup) crumbled garlic-and-herb feta cheese
- ¼ cup thin wedges red onion
- 1 recipe Herb Vinaigrette (*page 245*)

1. In a large saucepan cook sugar snap peas in lightly salted boiling water for 1 minute. Using a slotted

spoon, transfer peas to a colander. Rinse peas under cold water; drain and set aside.

2. Add gnocchi to the boiling water remaining in saucepan. Cook according to package directions or until tender but firm; drain. Rinse with cold water; drain again. Or, add the potatoes to the boiling water and cook, covered, for 10 minutes or until just tender. Drain and rinse with cold water; drain again.

3. In a large bowl toss together sugar snap peas, gnocchi or potatoes, feta cheese, and onion. Cover and chill 4 to 24 hours.

4. Prepare Herb Vinaigrette. Cover and chill 4 to 24 hours. Before serving, shake dressing. Pour over salad. Toss lightly to coat. Makes 8 servings.

Herb Vinaigrette: In a screw-top jar combine 3 tablespoons olive oil, 3 tablespoons lemon juice, 1 tablespoon snipped fresh dill, 1 tablespoon snipped fresh garlic chives or chives, ¼ teaspoon salt, and ⅛ teaspoon pepper. Cover and shake well. Makes ½ cup.

Nutrition facts per serving: 114 cal., 7 g total fat (2 g sat. fat), 6 mg chol., 282 mg sodium, 12 g carbo., 1 g fiber, 3 g pro. Daily Values: 1% vit. A, 19% vit. C, 4% calcium, 2% iron.



Salmon Picnic Sandwiches

Avoid last-minute scurrying by putting these two-fisted sandwiches together in advance. Keeping them wrapped in the fridge adds to the incredible flavor.

Prep: 30 minutes **Cook:** 10 minutes
Chill: 1 hour

- 1 lb. fresh or frozen skinless salmon fillets, cut 1 inch thick
- 1 cup Chardonnay or other dry white wine, or chicken broth
- 1 medium Vidalia or other sweet onion, cut into thin wedges (½ cup)
- ½ teaspoon sea salt or coarse salt
- ½ teaspoon cracked black pepper
- 2 sprigs fresh oregano
- 1 recipe Olive-and-Onion Relish (*page 246*)
- 1 8- to 12-oz. loaf ciabatta or baguette Italian bread
- Olive oil
- Lemon wedges

continued on page 246



A Cherry Jubilee

continued from page 245

1. Thaw fish, if frozen. Rinse fish. In a large skillet or fish poacher combine wine or broth, onion, salt, pepper, and oregano. Bring to boiling; add salmon. Reduce heat and simmer, covered, for 10 to 12 minutes or until fish flakes easily when tested with a fork. Use a slotted spatula to transfer salmon and onions from cooking liquid to a large bowl or shallow dish. Discard cooking liquid. Cover and refrigerate salmon and onions for 1 hour or until chilled.

2. Meanwhile prepare the Olive-and-Onion Relish. Cut bread into quarters. Slice each quarter in half horizontally. Drizzle the cut sides lightly with olive oil. Remove salmon from refrigerator. Cut salmon fillet into 4 equal pieces. Place a piece of salmon on bottom of bread. Top with Olive-and-Onion Relish. Add top piece of bread. Wrap securely in plastic wrap. Refrigerate up to 4 hours. Squeeze lemon wedges over salmon and relish before serving. Makes 4 sandwiches.

Olive-and-Onion Relish: In a small bowl combine reserved onion wedges (from poaching liquid); ½ cup pitted green olives, halved; ½ cup pitted kalamata olives, halved; 2 tablespoons snipped fresh flat-leaf parsley; and 2 teaspoons snipped fresh oregano.

Nutrition facts per sandwich: 398 cal., 17 g total fat (2 g sat. fat), 70 mg chol., 1,269 mg sodium, 32 g carbo., 3 g fiber, and 29 g pro. Daily Values: 7% vit. A, 6% vit. C, 7% calcium, and 15% iron.

Lumpy PB&J Roosters

Thick slices of firm bread work best to support the lollipop sticks. Pile finished sandwiches on a "nest" of shoestring potatoes (which come in a variety of kid-pleasing flavors). We've found kids immediately pull the birds off their roosts and devour the filling.

Prep: 25 minutes **Chill:** 1 hour

- 1 10-oz. jar raspberry or strawberry spreadable fruit
- ¼ cup chopped peanuts
- ¼ cup shredded coconut
- 3 Tbsp. orange juice
- 12 slices firm-textured white or whole wheat sandwich bread
- ¾ cup peanut butter
- ½ cup chopped strawberries, bananas, and/or pineapple
- 6 4- to 5-inch lollipop sticks
- 6 dried currants or miniature semisweet chocolate pieces or 3 raisins, snipped in half

1. In a small bowl combine spreadable fruit, chopped peanuts, coconut, and orange juice. Set aside.

2. Cut 12 shapes from bread slices using 3- to 4-inch rooster or other shaped cutters. (Reserve bread you've cut away for another use.)

3. Spread 1 tablespoon of the peanut butter on one side of each shape, making sure that shapes will match up when placed together. Sprinkle chopped fruit over peanut butter on 6 of the shapes. Top each fruit-covered shape with matching top, peanut butter side down. Press shapes together, forming a sandwich. Insert a lollipop stick into the filling of sandwich. Press slightly to secure lollipop stick. Repeat with remaining shapes and sticks.

4. Spread a small amount of peanut butter on bottom of a currant. Place a currant "eye" on each rooster sandwich. Wrap and chill up to 1 hour. Serve with spreadable fruit mixture as a dipping sauce. Makes 6 sandwiches.

Nutrition facts per sandwich: 486 cal., 24 g total fat (5 g sat. fat), 0 mg chol., 421 mg sodium, 64 g carbo., 3 g fiber, and 14 g pro. Daily Values: 0% vit. A, 18% vit. C, 6% calcium, and 13% iron.

Carrots with Dried Fruit Confetti

You can cut the get-ready time to nearly nothing by using purchased carrot sticks.

Prep: 15 minutes **Chill:** 1 to 4 hours

- 12 small carrots with tops or 6 medium carrots (1 lb.)
- 1 8-oz. tub of flavored cream cheese, such as honey-nut or apple-cinnamon
- 2 to 3 tsp. milk
- 1½ cups dried blueberries, dried cranberries, and/or golden raisins

1. Peel carrots. If using small carrots, serve whole. Cut medium carrots into sticks about 3 inches long and ½ inch wide. Pat dry with paper towels.

2. In a medium bowl combine cream cheese and milk, stirring until smooth. Spread the cream cheese mixture to cover half of the carrot.

3. Sprinkle dried blueberries over the cream cheese mixture. Cover and chill 1 to 4 hours. Makes 12 snack servings.

continued on page 248



CUTTERS 'N' STUFF

Here's the gear you need to make Lumpy PB&J Roosters (recipe, *left*) and Wild Blueberry Pies (recipe, *page 248*). Our **Cutters 'N' Stuff Pack** contains a rooster cookie cutter (4 inches high and 2½ inches wide), 6-inch lollipop sticks (bag of 50), and a set of six graduated flower-shaped cookie cutters. The six graduated flowers range in size from 1½ to 3¾ inches in diameter. From Off the Beaten Path, Make 'N Mold, and Ateco, the complete set costs $29.95, which includes shipping, handling, and applicable sales tax.

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A Cherry Jubilee

continued from page 246

Nutrition facts per serving: 139 cal., 5 g total fat (3 g sat. fat), 18 mg chol., 76 mg sodium, 21 g carbo., 2 g fiber, and 1 g pro. Daily Values: 192% vit. A, 6% vit. C, 4% calcium, and 3% iron.

Cheery Cherry-Lemon Cake

Tote the frosting separately in a cooler until you're ready to serve this lemony cake flecked with chopped cherries. Then just plop a big spoonful of the fluffy stuff onto each serving of cake and add a jaunty cherry.

Prep: 40 minutes **Bake:** 30 minutes

- 1½ cups coarsely chopped pitted sweet cherries
- 2½ cups all-purpose flour
- 2½ tsp. baking powder
- ½ teaspoon salt
- ¾ cup butter, softened
- 1¾ cups sugar
- 1½ tsp. vanilla
- 3 eggs
- 1¼ cups milk
- 2 tsp. finely shredded lemon peel
- 1 recipe Cream Cheese Frosting
- Red sweet cherries with stems
- Fresh mint leaves

1. Preheat oven to 375° F. Grease a 13x9x2-inch baking pan; set aside. Pat the coarsely chopped cherries as dry as possible with paper towels to prevent bleeding. In a medium bowl combine flour, baking powder, and salt; set aside.

2. In a large mixing bowl beat butter with an electric mixer on medium to high speed for 30 seconds. Add sugar and vanilla; beat until well combined. Add eggs, one at a time, beating 1 minute after each. Add dry mixture and milk alternately to beaten mixture, beating on low speed after each addition just until combined. Stir lemon peel into batter. Pour batter into the prepared pan. Sprinkle the chopped cherries evenly over top of batter. (The cherries will sink during baking.)

3. Bake for 30 to 35 minutes or until a wooden toothpick inserted near center comes out clean. Place cake in pan on a wire rack; cool thoroughly.

4. To serve, cut cake into 12 pieces. Top each piece with a generous dollop of Cream Cheese Frosting. Add a cherry and mint leaf to each piece. Makes 12 large servings.

Cream Cheese Frosting: In a large bowl beat together until light and fluffy one 8-ounce package cream cheese, softened; ⅔ cup butter, softened; 2 teaspoons finely shredded lemon peel; and 2 tablespoons lemon juice. Gradually add 3 cups sifted powdered sugar, beating well. Gradually beat in about 1½ cups additional sifted powdered sugar to reach a consistency that will dollop.

Nutrition facts per serving: 676 cal., 32 g total fat (20 g sat. fat), 138 mg chol., 498 mg sodium, 94 g carbo., 1 g fiber, and 8 g pro. Daily Values: 26% vit. A, 8% vit. C, 12% calcium, and 10% iron.



Use scalloped or round cutters to make these individual mini pies. Pressing the tines of a fork onto the edges will seal in the filling. To order a set of six graduated flower-shaped cutters, see the Cutters 'N' Stuff offer, *page 246*.

Wild Blueberry Pies

Prepare the pastry first and have the cutouts ready before making the fruit filling, or the filling becomes too juicy.

Prep: 30 minutes **Bake:** 18 minutes

- 2 cups all-purpose flour
- ½ tsp. ground cardamom
- ½ tsp. salt
- ⅔ cup shortening
- 6 to 7 Tbsp. cold water
- 1 recipe Wild Blueberry Filling or Raspberry Filling (*page 250*)
- 1 beaten egg
- Coarse sugar or sugar

1. Line a large baking sheet with foil; set aside. In a medium mixing bowl stir together flour, cardamom, and salt. Using a pastry blender, cut in shortening until pieces are pea-size.

2. Sprinkle 1 tablespoon of the water over part of the mixture; gently toss with a fork. Push moistened dough to side of bowl. Repeat, using 1 tablespoon water at a time, until all the dough is moistened. Divide dough in half. Form into two balls.

3. On a lightly floured surface flatten 1 ball of dough. Roll dough into a 16x8-inch rectangle. Use a 3¾- to 4-inch scalloped or round cutter to cut out eight circles from dough. Stack cutouts between pieces of waxed paper. Repeat procedure with remaining dough ball. You will have a total of sixteen 4-inch cutouts.

4. Preheat oven to 375° F. Prepare desired filling. Place eight of the pastry cutouts 2 inches apart on the prepared baking sheet. Spoon about 2 tablespoons filling onto each of the cutouts. Moisten edges with water. Top with remaining pastry cutouts. Seal edges with tines of a fork.

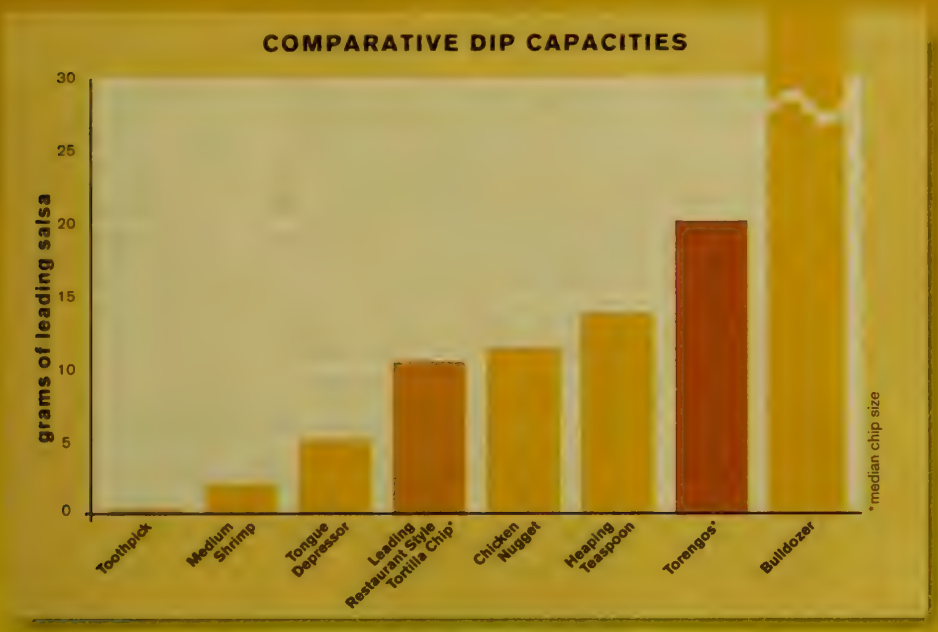
5. Prick tops of pies two or three times with a fork to allow steam to escape. Brush with beaten egg and

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INTO THE WILD BLUE YONDER

Tiny wild blueberries and their plumper cultivated cousins can be used interchangeably in recipes. The wild berries have an intense blueberry flavor. If you can't find fresh berries, frozen blueberries work well too. However, when using in pie recipes, do not thaw the berries before baking.

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Carved for Serious Dipping

A Cherry Jubilee

continued from page 248

sprinkle with sugar. Bake for 18 to 20 minutes or until golden brown. Remove from pan; cool on a wire rack. Makes 8 pies.

Wild Blueberry Filling: In a medium bowl stir together 2 to 3 tablespoons sugar, 1 tablespoon all-purpose flour, and ½ teaspoon finely shredded lemon peel. Stir in 1½ cups fresh or frozen wild or cultivated blueberries. (If berries are frozen, do not thaw before using.)

Raspberry Filling: In a medium mixing bowl stir together 3 to 4 tablespoons sugar, 4 teaspoons all-purpose flour, and ½ teaspoon finely shredded lemon peel. Stir in 1½ cups raspberries.

Nutrition facts per serving: 305 cal., 17 g total fat (4 g sat. fat), 27 mg chol., 156 mg sodium, 33 g carbo., 2 g fiber, and 4 g pro. Daily Values: 1% vit. A, 7% vit. C, 2% calcium, and 11% iron.

Turtle Pretzels

Enjoy these pretzels the same day they're prepared, especially the rods, because the pretzels may soften on standing.

Prep: 45 minutes **Chill:** 20 minutes

Butter
- 1 14-oz. pkg. vanilla caramels (about 48)
- 1 Tbsp. water
- 15 to 20 large pretzel twists (about 4 inches wide and ½ inch thick) or pretzel rods
- 4 oz. bittersweet or semisweet chocolate, chopped
- 1 tsp. shortening
- Chopped pecans, snipped dried cranberries or dried blueberries, or miniature candy-coated semisweet chocolate pieces

1. Lightly butter a large cookie sheet; set aside. In a small saucepan combine unwrapped caramels and 1 tablespoon water. Cook and stir over low heat until caramels are just melted and smooth. Remove from heat.

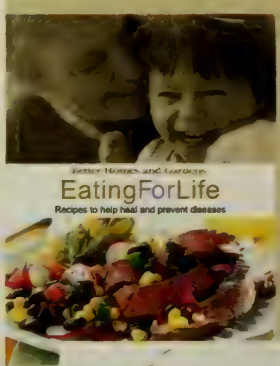
2. Dip the top portion of pretzel twists or three-fourths of each pretzel rod into the caramel mixture, tilting pan as necessary to help coat each pretzel. Let excess caramel drip off of pretzels. Place pretzels on prepared cookie sheet. (If caramel mixture is running off of pretzels onto the cookie sheet, wait a few minutes before dipping remaining pretzels. The caramel mixture will cool slightly and thicken a bit, clinging to pretzels better.) Cool until caramel is set.

3. Place chocolate and shortening in another small saucepan. Cook and stir over low heat until chocolate is just melted and smooth. Cool slightly. Spoon melted chocolate mixture into a small plastic bag. Use scissors to snip a small hole in one corner of the bag. Drizzle chocolate from the bag onto pretzels, forming decorative lines. Sprinkle with nuts, dried fruit, or chocolate pieces. Chill pretzels in refrigerator for about

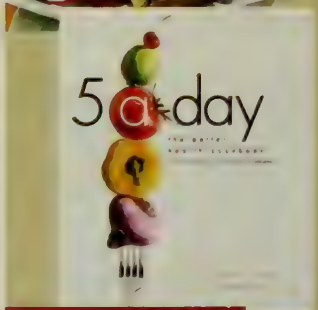
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EASY WAYS TO FIVE A DAY

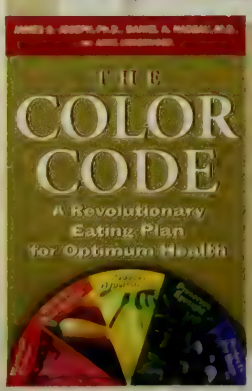
Enjoy our "Nutrition In No Time" feature on *pages 282–284*. Here are sources for more information on this timely topic. Prices include shipping, handling, and applicable sales tax.



Better Homes and Gardens® Eating for Life is a 192-page hardcover cookbook that explains how the naturally occurring properties of ordinary foods—tomatoes, nuts, garlic, fish, oats and other grains, most teas, and even chocolate—can improve mood, boost immunity, and combat diseases. Find out the latest about antioxidants, free radicals, functional foods, phytochemicals, and phytoestrogens. A chart accompanies each of the 115 recipes indicating the health concern(s) that the recipe targets, such as cancer, heart disease, diabetes, or PMS. (*Better Homes and Gardens* Books, $27.95)



5 a Day: The Better Health Cookbook shows you how simple and delicious eating for better health can be. Besides offering more than 150 delicious recipes your family will love, the book gives lots of ideas for making small changes or additions to family favorite recipes to help you reach the 5-a-day goal. Fruit and vegetable servings are shown in an at-a-glance format with every recipe. Also included are a 7-day menu plan and 7 power menus. (Rodale, $32.95)



The healthy benefits of eating fruits and vegetables is the simple premise behind the book ***The Color Code: A Revolutionary Eating Plan for Optimum Health***. While we all know that healthful eating is one key to a long life, few people understand why the natural pigments that make fruits and vegetables so colorful can help protect your body. (Time Warner Books, $31.95)

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Chocolate Drizzled Almonds

- 1 cup whole natural almonds
- 2 oz. baking chocolate

Here's a richly deserved recipe!

Spread whole almonds in a single layer in shallow pan. Place in cold oven, roast at 350°F for 12 to 20 minutes, stirring occasionally, until fragrant. Place roasted almonds on foil, parchment paper or a serving platter. Melt chocolate in a small bowl in microwave for one minute at medium high (70%) power. Stir well. Microwave in additional 10-20 second intervals stirring until smooth. Pour melted chocolate into a baggie. Cut small hole in a corner of the bag. Drizzle chocolate over the almonds in a decorative pattern. Place in the fridge to harden.

Here's a sweet tip! Try drizzling your almonds with bittersweet, milk or white chocolate or a combination of all three.

Remember: You can cover almonds with chocolate, but you can't cover up the nutrition that's in them. Almonds are an excellent source of vitamin E and a good source of protein, too.



A Cherry Jubilee

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20 minutes or until chocolate is firm. Transfer to waxed paper or cellophane bags. Makes 15 to 20 pretzels.

Nutrition facts per serving: 283 cal., 10 g total fat (3 g sat. fat), 4 mg chol., 503 mg sodium, 46 g carbo., 2 g fiber, and 5 g pro. Daily Values: 0% vit. A, 0% vit. C, 6% calcium, and 5% iron.

Where Weekends Rule

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Low-Country Shrimp Boil

Some South Carolinians call this recipe Beaufort Stew or Frogmore Stew, although it's known in general terms as a low-country boil.

Start to finish: 45 minutes

- 16 cups water
- ¼ cup Old Bay seasoning or crab boil seasoning
- 2 to 3 tsp. ground red pepper
- 2 lb. cooked smoked sausage, cut in 1½-inch chunks
- 2 lb. tiny new potatoes, halved if large
- 10 small onions, peeled (about 3 lb.)
- 5 fresh ears corn, shucked and halved
- 2 lb. fresh or frozen large shrimp in shells
- ¼ cup butter, melted (optional)
- ¼ cup snipped fresh herbs, such as thyme, oregano, and/or basil (optional)
- Cocktail sauce (optional)
- Bottled hot pepper sauce (optional)

1. In a 10-quart Dutch oven combine water, Old Bay seasoning, and ground red pepper. Cover and bring to boiling. Once water is boiling, carefully add sausage, potatoes, onions, and corn. Return to boiling; reduce heat. Cover and simmer for



10 minutes. Add shrimp. Cover and cook for 2 to 3 minutes more or until shrimp turn opaque. Remove from heat; let stand for 5 minutes.

2. Carefully drain in a large colander. Combine melted butter and herbs; drizzle over shrimp and vegetables. Serve with cocktail sauce and hot pepper sauce. Makes 10 servings.

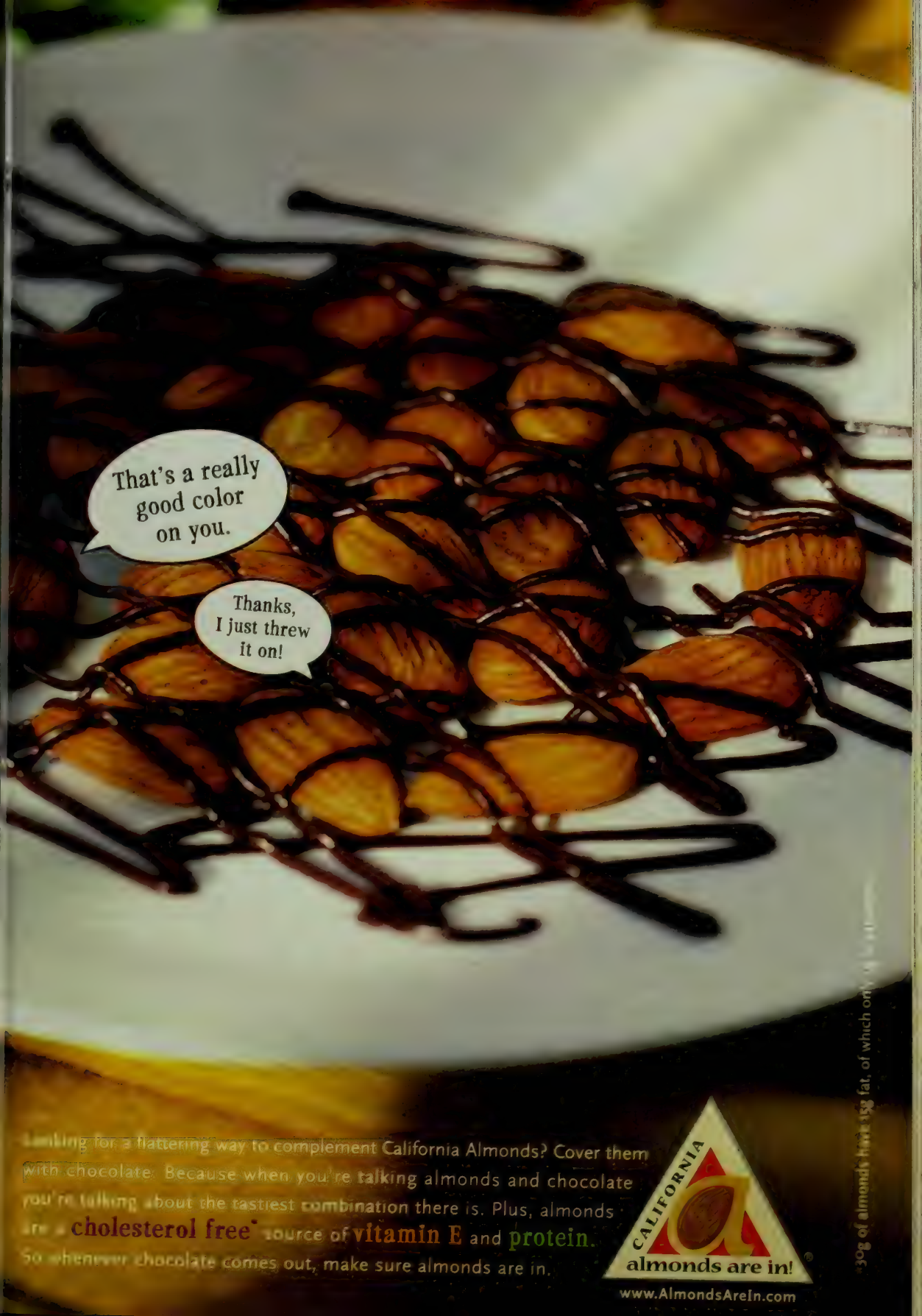
Nutrition facts per serving: 520 cal., 29 g total fat (13 g sat. fat), 131 mg chol., 1,039 mg sodium, 38 g carbo., 5 g fiber, and 28 g pro. Daily Values: 5% vit. A, 39% vit. C, 7% calcium, and 21% iron. ⌂



CHECK THE TEMP

For the perfect steak, check out "The Better Cook" (*page 254*). For precise accuracy of temperatures (to one-tenth of a degree), try this easy-to-use **Digital Instant-Read Thermometer** from Robinson Knife Company. The display includes both centigrade and Fahrenheit readings and is especially good for checking thin foods, such as burgers or fish (the probe is placed only ½ inch into the food). The case is water resistant, and a long-life battery is included. The price is $24.95, which includes shipping, handling, and sales tax.

TO ORDER with your MasterCard, Visa, American Express, or Discover card, call 800/881-4066. To order by mail, send a check or money order to: *Better Homes and Gardens*® Reader Shopping Service, Dept. 0206, Box 9128, Des Moines, IA 50306-9128. Or, visit www.bhgcatalog.com on the Web.



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*30g of almonds have 15g fat, of which only



Steak on the Grill

Grab your tongs and get ready to put some fire into your backyard cooking career.

1. Pick the right cut. The route to a great steak—whether you grill with gas or charcoal—begins at the meat counter. The six cuts that are going to give you the best odds for success are shown in the chart "Choosing Meat" on *page 256*. Buy steaks that are ¾ to 1½ inches thick—any thinner and the inside will get overcooked more quickly than expected. Also, the most tender and flavorful steaks are the ones with the most marbling—which is the tiny white flecks and veins of fat within the meat. You'll most likely find either select- or choice-grade meat at your store; select-grade meat has less fat, choice more. Some specialty butchers and supermarkets also offer prime beef, which has even more marbling.

2. Read before you cook. If you haven't done so recently, get out the manual that came with your grill. It's full of necessary information that will help you be the best backyard chef on your block. And take note, the cleaner your cooking surface, the better your steaks will taste. We suggest you scrub with a wire brush when the grill is hot; the best time is after you're done cooking.

continued on page 256



Now delicate chocolate chips
join crunchy pecans in
melt-in-your-mouth shortbread.

New!



One relaxing cookie.

continued from page 254

3. Season. Take the steak out of the refrigerator, shake on your favorite seasoning blend or pepper, and brush or rub the steaks with olive oil or cooking oil; it will lessen sticking and help create steak-house-style grill marks. Save the salt until after grilling.

4. Keep the fire moderate. A steady, medium temperature is the key to success. If using charcoal, put in enough coals to make one layer on the bottom of your grill. After they're lit, allow coals to burn until covered with gray ash (a stage called medium coals). Make sure you preheat the cooking grill over the coals for 3 to 5 minutes before the meat goes on, then immediately start grilling (charcoal stays at the right steak-cooking temperature about 45 minutes). For gas grills, adjust your controls to what the manufacturer recommends.

5. Follow the chart. Cook steaks the minimum time suggested on our charts. With tongs, turn them *once* halfway through the cooking time. If they're sticking, leave them on another minute to cook slightly more and then gently lift until they release from the grill.

If the steaks are not quite done, just pop them back on the fire for two or three more minutes. When the time is up, either cut into one of the steaks for a peek, (that's the steak you'll give yourself) or use an instant-read thermometer inserted horizontally into the meat. The USDA doesn't recommend serving steaks that are less than medium rare, and well-done steaks are usually drier and less tender. A steak is rare at 140° F and well-done at 170° F.

For steaks thicker than 1½ inch, remove from the grill when a thermometer registers 5° F under the desired doneness. Cover with a loose tent of foil and the steak will continue cooking to the right degree of doneness.

Once meat comes off the grill, let it stand for 5 to 10 minutes—covered with foil.

Emergencies

If coals flares up, move the meat away from the flames (and reduce heat on a gas grill), or put the lid on the grill until the flames die out. And never put water into a flaming grill; you can cause steam burns or spread the fire.

To order an instant-read thermometer, see page 252.



Choosing meat

1. The **T-bone** and the **Porterhouse** are very similar. They're both made up of two other cuts—a top loin and a tenderloin—with the t-shaped bone in the middle. (The porterhouse has a larger tenderloin).
2. **Top Sirloin** is firmer and slightly lower in fat than the other four.
3. The **Top Loin**, also called a New York or Kansas City strip, among other names, is tender and among the leanest.
4. As the name implies, **Tenderloin** is often singled out as a very tender cut. It also has the mildest taste of the steaks shown here. It tastes best if not cooked beyond medium.
5. A **Ribeye** is a very flavorful steak, almost like eating grilled roast beef. This is a good cut for those who prefer a result more toward well-done.

HOW LONG WILL IT TAKE?

These timings will produce steaks that are medium rare at an internal temperature of 145° F. The actual grilling times will vary based on the air temperature and how windy it is on the day you're grilling. Thicker steaks need to be covered with the grill lid to cook evenly.

CUT	THICKNESS	TIME
Ribeye	¾ inch	6 to 8 minutes
	1 inch	11 to 14 minutes
	1½ inches	17 to 22 minutes (covered)
T-Bone/Top Loin/ Porterhouse	¾ inch	10 to 12 minutes
	1 inch	14 to 18 minutes
	1½ inches	20 to 24 minutes (covered)
Top Sirloin	¾ inch	13 to 16 minutes
	1 inch	17 to 21 minutes
	1½ inches	22 to 26 minutes (covered)
Tenderloin	1 inch	13 to 15 minutes
	1½ inches	14 to 16 minutes (covered)


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Cocktail Cool

Grab a jigger and a shaker—here are the latest libations from the cocktail circuit. Whether you're sipping to the latest in lounge music CDs or hitting the hammock with glass in hand, relax. It's summer, and the livin' is easy.

by Stephen Exel



Basil Martini

Fill a shaker with ice, add a dash of vermouth, shake, and strain. Add 2 jiggers basil-infused vodka (for infusion tips, see page 260). Shake vigorously; strain. Note: 1 jigger equals approximately 1½ ounces.



Mojito Sparkler

Samba, anyone? Crush six mint leaves in the bottom of a glass. Pour in 1½ to 2 jiggers gold rum, 1 teaspoon lime juice, and 2 teaspoons superfine sugar. Add ice, stir, and top with soda.



Mai Tai Me

Fill a shaker with ice. Add 1 jigger each of dark rum and Cointreau, ⅓ cup pineapple juice, 2 tablespoons grenadine, a dash of lime juice, and sugar. Shake and serve. Umbrella required.

continued on p



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Cocktail Cool

continued from page 258



Dandy Shandy

This British tradition is just smashing, mate. Top a good dark stout or porter (or nonalconolic beer) with an equal amount of ginger ale or ginger beer.



Ultra Alexander

Dessert in a glass. In a shaker filled with ice, add 1⅓ jiggers brandy, ⅔ jigger crème de cacao, and 1 tablespoon each of whipping cream and chocolate syrup. Shake, strain, and serve. Sprinkle with chocolate shavings.



Clove Julep

Spice up the Derby by muddling 5 mint sprigs along with 3 teaspoons of superfine sugar in the bottom of a glass; add ice and clove-infused vodka. Stir and serve.

Infusion Mixology

Infused vodkas, or vodkas that have had a flavoring agent added, are popular on restaurant bar menus. Infusing subtle flavor is easy. Start with a half-pint bottle of vodka. For basil-infused vodka, gently crush six basil leaves and immerse in the bottle. Try mint as an alternative. For clove-infused vodka, place eight whole cloves in a piece of cheesecloth; tie into a bundle. Gently crush some of the cloves. Insert the bundle into the vodka. Peppercorns or anise seed lend their flavors nicely too. Or, insert slices of fresh gingerroot, cucumber, or citrus peel. Store the infused vodka in the freezer for at least four days. Strain before serving.

Tragically, many marinades have the genetic makeup of salad dressing.



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Win Money and Prizes

Prize Tested Recipes® (see page 265)

Your original recipe could be worth up to $400. Send your recipes (ones that have never before been published) to our Prize Tested Recipes® contest, which features two new categories each month. Seven months later, we'll publish the four winning recipes.

Monthly Prizes: Two $400 winners, Two $200 winners, Ten $50 honor rolls

January 2003 Categories: Sunday Night Pot Roasts: A satisfying end to any weekend is a wonderful pot roast of pork, veal, venison, or beef. Tell us how you make yours special: Do you braise it in cider, wine, or beer; add herbs and spices; or devise your own blend of aromatic vegetables? All cuts of meat are welcome.

Lemon Desserts: Let your creativity take you beyond the standard meringue pie and lemon bar. Show us what you do with other desserts, such as cakes, ice creams, curds, and sauces. If you have a great bar or pie that breaks the mold, send it in. Use regular lemons or sweeter, milder Meyer lemons.

This Month's Winners — Pages 265 and 266
$400 Winners: Linda Morten, Katy, Texas; Jamie Parchman, Ogden, Utah. $200 Winners: Tammy Iralu, Gallup, N.M.; Elaine Sweet, Dallas, Texas. $50 Honor Roll Winners: Laurence C. Flores, Port Richey, Fla.; Wilda Garber, Rocklin, Calif.; Lillian Kayte, Gainesville, Fla.; Kandra Lovato, Monument, Colo.; Ann Ortner, Vancouver, Wash.; Carole Resnick, Cleveland, Ohio; Alisha Rodrigues, Tetonia, Idaho; Cynthia Turner, Seattle, Wash.; Jennifer Varrone, Freeport, N.Y.; Paula Weiss, Babylon, N.Y.

Contest Rules: NO PURCHASE NECESSARY. 1. The contest is open to legal U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and their immediate families. 2. With each entry, clearly print or type your name, address, phone number, and recipe marked "Sunday Night Pot Roasts" or "Lemon Desserts." Specify brands and recipe origin. 3. Send recipes by postal mail to: 0301 Food Department, *Better Homes and Gardens*® Magazine, Des Moines, IA 50309-3023. Or, send e-mail entries to: ptr@mdp.com. 4. Entries must be postmarked by June 21, 2002, and received by June 28, 2002. E-mail entries must be posted by 11:59 p.m., EDT, June 21, 2002. 5. Winners will be selected about 60 days later, then notified by mail. Winners must sign affidavit, release, and copyright assignment. 6. Entries must be your original recipes. No previously published recipes. They will be judged on creativity, taste, and practicality by *BH&G*® editors. Decisions of judges are final. 7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corporation. We reserve the right to adjust winning recipes. 8. Entry constitutes permission to use winner's name and hometown for editorial and promotional purposes, except where prohibited by law. Send a self-addressed stamped envelope to above address to receive winners' list, available six months after entry deadline. 9. Meredith Corporation assumes no responsibilities for entries they are unable to process due to phone, network, electronic, or computer hardware or software failures, or technical failures of any kind. Subject to all U.S. federal, state, and local laws and regulations. Void where prohibited. Taxes on prizes are the responsibility of the winners.

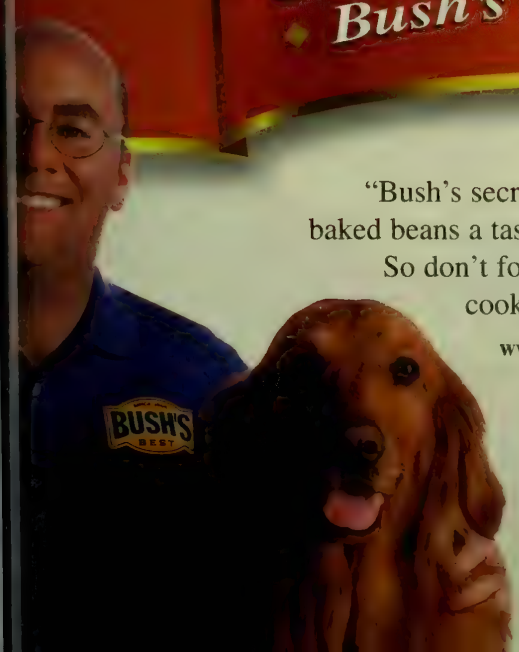
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see page 262 for details



$400 winner Spanish Grilled Sandwiches

Linda Morten, Katy, Texas,
in the Dinnertime Sandwiches Category, June 2002

- 1 6½-oz. jar marinated artichoke hearts
- 1 7-oz. jar roasted red sweet peppers, drained and cut into strips (1 cup)
- ⅔ cup jalapeño-stuffed olives, sliced
- 1 medium onion, thinly sliced and separated into rings
- 1 small clove garlic, minced
- 1 Tbsp. snipped fresh parsley
- ⅛ tsp. dried oregano, crushed
- ⅛ tsp. ground cumin
- 4 sandwich rolls, such as pan cubano, bolillos, teleras (about 6½×3 inches), hoagie buns or two 8-inch Italian flat breads (focaccia), split in half horizontally
- 1 lb. thinly sliced deli roast beef or roast pork
- 8 oz. sliced provolone cheese
- 4 tsp. olive oil

Drain artichokes, reserving marinade; thinly slice artichokes. Combine artichokes, reserved marinade, peppers, olives, onion, garlic, parsley, oregano, and cumin. Cover; chill 2 to 24 hours, tossing occasionally. If using focaccia, cut in half crosswise. Arrange marinated vegetables, meat, and cheese over bottom halves of rolls. Add tops of rolls.

Coat a very large skillet with 2 teaspoons of the oil. Heat skillet over medium heat 2 to 3 minutes or until hot. Add 2 sandwiches. Cover sandwiches with foil; weight sandwiches with a large heavy skillet, bacon press, or foil-covered brick. Cook over medium heat 8 to 10 minutes or until heated through, turning sandwiches over once and replacing foil and weight. Reduce heat to medium-low, if necessary. Transfer sandwiches to a plate. Keep warm. Repeat with remaining oil and sandwiches. Makes 4 sandwiches.

Nutrition facts per sandwich: 834 cal., 32 g total fat (13 g sat. fat), 119 mg chol., 1

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see page 262 for details



$400 winner Strawberry Italian Ice

Jamie Parchman, Ogden, Utah,
in the Strawberry Sweets Category, June 2002

- 1 cup sugar
- ¾ cup water
- 1 Tbsp. finely shredded orange peel
- 2 tsp. finely shredded lemon peel
- 1½ tsp. finely shredded lime peel
- ⅓ cup orange juice
- 3 Tbsp. lemon juice
- 2 Tbsp. lime juice
- 4 cups sliced fresh strawberries

In a medium saucepan combine sugar, water, and peels. Bring to boiling; reduce heat. Simmer, uncovered, 5 minutes. Cool slightly. Strain and discard peels. Stir in orange, lemon, and lime juices.

In a blender container or food processor bowl combine half of the juice mixture and half of the strawberries. Cover and blend or process with several on/off turns or until nearly smooth (leave some small chunks of strawberries). Transfer to a 2-quart freezer container. Repeat with remaining juice mixture and strawberries. Cover and freeze 6 hours or overnight, stirring once after freezing for 3 hours.

To serve, scrape across frozen mixture with a large spoon and place into individual serving dishes (if mixture is too firm, let stand at room temperature 20 to 30 minutes). Makes 8 servings.

Nutrition facts per serving: 123 cal., 0 g total fat (0 g sat. fat), 0 mg chol., 2 mg sodium, 31 g carbo., 2 g fiber, and 1 g pro. Daily Values: 1% vit. A, 86% vit. C, 2% calcium, and 2% iron.



see page 262 for details

$200 winner Strawberry-Mango Milk Shake

Tammy Iralu, Gallup, N.M.,
in the Strawberry Sweets Category, June 2002

- 2 cups halved fresh strawberries
- 1 cup chopped mango
- 1½ cups vanilla frozen yogurt
- ¼ cup milk
- Sliced fresh strawberries (optional)
- Sliced mango (optional)

Place the 2 cups berries, chopped mango, frozen yogurt, and milk in a blender container. Cover and blend until smooth. Divide mixture between 2 tall glasses. Top each serving with strawberry and mango slices. Makes 2 servings.

Nutrition facts per serving: 262 cal., 5 g total fat (3 g sat. fat), 17 mg chol., 63 mg sodium, 50 g carbo., 5 g fiber, and 5 g pro. Daily Values: 69% vit. A, 175% vit. C, 74% calcium, and 4% iron.

PHOTOGRAPHS: KIM CORNELISON

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see page 262 for details

$200 winner Cobb Salad Hoagies

Elaine Sweet, Dallas, Texas,
in the Dinnertime Sandwiches Category, June 2002

- 3 Tbsp. olive oil
- 1 Tbsp. white wine vinegar
- 1 tsp. Dijon-style mustard
- ½ tsp. salt
- ½ tsp. pepper
- 1 avocado, halved, seeded, peeled, and finely chopped
- 1⅓ cups cubed cooked chicken
- 2 roma tomatoes, chopped
- 4 slices bacon, crisp-cooked, drained, and crumbled
- ½ cup crumbled blue cheese
- 4 Boston lettuce leaves
- 4 hoagie buns, split, hollowed out, and toasted
- 2 hard-cooked eggs, chopped

For dressing, in a small bowl whisk together the olive oil, vinegar, mustard, salt, and pepper. Stir in avocado; set aside.

In a medium bowl combine the chicken, tomatoes, bacon, and blue cheese. Pour dressing mixture over chicken mixture and toss to coat. Place lettuce leaves on the bottom halves of the hollowed-out hoagie buns. Spoon chicken mixture atop. Sprinkle with chopped eggs. Top with bun halves. Makes 4 sandwiches.

Nutrition facts per sandwich: 659 cal., 35 g total fat (9 g sat. fat), 165 mg chol., 1,214 mg sodium, 55 g carbo., 5 g fiber, and 32 g pro. Daily Values: 18% vit. A, 18% vit. C, 21% calcium, and 21% iron.



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the ABC's of sun care

by Cynthia Barnes

Most sun damage occurs in the first 18 years of life. Research shows that keeping your kids safe from harmful rays today may help prevent skin cancer, excessive wrinkling, and cataracts decades from now.

How safe is your car's backseat?

UV-A (ultraviolet-A) radiation is 1,000 times more intense than UV-B (ultraviolet-B) radiation—and UV-A penetrates untreated auto glass. So new front windshields are treated to absorb harmful rays, though carmakers don't usually coat side and rear windows. To stop rays all around, have protective window film installed by a car-care center. For example, Llumar Window Film, awarded the Skin Cancer Foundation's Seal of Recommendation, blocks out 99 percent of all UV rays. (For a list of products that have earned this seal, log on to www.skincancer.org.)

Protection—rub it in

Children older than six months need a sunscreen with a sun protection factor (SPF) of at least 15, even on cloudy days. The American Association of Pediatrics recommends waterproof or water-resistant sunscreen. Rub it in 30 minutes before exposure, which gives the chemicals time to activate. Reapply every hour or two. Zinc-oxide-based sunscreens offer extra protection for vulnerable areas, such as noses, cheeks, and the tops of ears and shoulders. Many brands come in bright child-pleasing colors, enabling parents to check for any missed spots. If your child is less than one year old and gets a sunburn, see your pediatrician immediately. A severe sunburn can be an emergency.

Go undercover

Make sunglasses and broad-rimmed hats part of your family's defense. Specially manufactured clothing items, many with an SPF of 30, are available. Keep all babies under a year old out of direct sunlight. A canopied stroller or an umbrella will come in handy.

Keep cool and refreshed

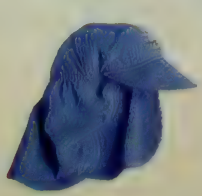
The sun generally is strongest from 10 a.m. until 4 p.m. To help your children cope with peak sunshine conditions, make sure that they drink plenty of water—about 8 to 12 ounces for every 15 or 20 minutes of vigorous activity. Encourage breaks of 5 to 10 minutes in the shade each half hour.

The Tanita UV-Smart Monitor is a handheld device that instantly measures UV-A and UV-B rays. For information, see *page 277*.

1. Child's swimsuit (800/786-7233 or www.sunsafe.com). 2. "Johnie" sunglasses from Teeny Tiny Optics for children (www.teenytinyoptics.com). 3. Kid's Legionnaire Hat (800/882-7860 or www.sunprecautions.com, listed under hats). 4. Solumbra Parasol (800/882-7860 or www.sunprecautions.com, listed under accessories).









Aaah-chooo!



Aaah-~~chooo!~~

Once-a-day NASONEX® provides relief from the itchy, runny nose and sneezing due to nasal allergies. (Ahhhhhh.) Maximum benefit is usually achieved within 1 to 2 weeks. And, it's the only prescription nasal allergy spray with moisturizing glycerin. Ask your doctor about NASONEX®.

Side effects were generally mild and included headache, viral infection, sore throat, nosebleeds, and coughing. Take NASONEX® regularly as recommended by your doctor. Please see additional important information on adjacent page or call 1-800-727-0464. Available by prescription only.

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*calculated on the anhydrous basis

BRIEF SUMMARY (For full Prescribing Information, see package insert.)
INDICATIONS AND USAGE NASONEX Nasal Spray, 50 mcg is indicated for the treatment of the nasal symptoms of seasonal allergic and perennial allergic rhinitis, in adults and pediatric patients 3 years of age and older. NASONEX Nasal Spray, 50 mcg is indicated for the prophylaxis of the nasal symptoms of seasonal allergic rhinitis in adult and adolescent patients 12 years and older. In patients with a known seasonal allergen that precipitates nasal symptoms of seasonal allergic rhinitis, initiation of prophylaxis with NASONEX Nasal Spray, 50 mcg is recommended 2 to 4 weeks prior to the anticipated start of the pollen season. Safety and effectiveness of NASONEX Nasal Spray, 50 mcg in pediatric patients less than 3 years of age have not been established.
CONTRAINDICATIONS Hypersensitivity to any of the ingredients of this preparation contraindicates its use.
WARNINGS The replacement of a systemic corticosteroid with a topical corticosteroid can be accompanied by signs of adrenal insufficiency and, in addition, some patients may experience symptoms of withdrawal; ie, joint and/or muscular pain, lassitude, and depression. Careful attention must be given when patients previously treated for prolonged periods with systemic corticosteroids are transferred to topical corticosteroids, with careful monitoring for acute adrenal insufficiency in response to stress. This is particularly important in those patients who have associated asthma or other clinical conditions where too rapid a decrease in systemic corticosteroid dosing may cause a severe exacerbation of their symptoms.

If recommended doses of intranasal corticosteroids are exceeded or if individuals are particularly sensitive or predisposed by virtue of recent systemic steroid therapy, symptoms of hypercorticism may occur, including very rare cases of menstrual irregularities, acneiform lesions, and cushingoid features. If such changes occur, topical corticosteroids should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Persons who are on drugs which suppress the immune system are more susceptible to infections than healthy individuals. Chickenpox and measles, for example, can have a more serious or even fatal course in nonimmune children or adults on corticosteroids. In such children or adults who have not had these diseases, particular care should be taken to avoid exposure. How the dose, route, and duration of corticosteroid administration affects the risk of developing a disseminated infection is not known. The contribution of the underlying disease and/or prior corticosteroid treatment to the risk is also not known. If exposed to chickenpox, prophylaxis with varicella zoster immune globin (VZIG) may be indicated. If exposed to measles, prophylaxis with pooled intramuscular immunoglobulin (IG) may be indicated. (See the respective package inserts for complete VZIG and IG prescribing information.) If chickenpox develops, treatment with antiviral agents may be considered.

PRECAUTIONS General: Intranasal corticosteroids may cause a reduction in growth velocity when administered to pediatric patients (see **PRECAUTIONS, Pediatric Use** section). In clinical studies with NASONEX Nasal Spray, 50 mcg, the development of localized infections of the nose and pharynx with *Candida albicans* has occurred only rarely. When such an infection develops, use of NASONEX Nasal Spray, 50 mcg should be discontinued and appropriate local or systemic therapy instituted, if needed.

Nasal corticosteroids should be used with caution, if at all, in patients with active or quiescent tuberculous infection of the respiratory tract, or in untreated fungal, bacterial, systemic viral infections, or ocular herpes simplex.

Rarely, immediate hypersensitivity reactions may occur after the intranasal administration of mometasone furoate monohydrate. Extreme rare instances of wheezing have been reported.

Rare instances of nasal septum perforation and increased intraocular pressure have also been reported following the intranasal application of aerosolized corticosteroids. As with any long-term topical treatment of the nasal cavity, patients using NASONEX Nasal Spray, 50 mcg over several months or longer should be examined periodically for possible changes in the nasal mucosa.

Because of the inhibitory effect of corticosteroids on wound healing, patients who have experienced recent nasal septum ulcers, nasal surgery, or nasal trauma should not use a nasal corticosteroid until healing has occurred.

Glaucoma and cataract formation was evaluated in one controlled study of 12 weeks' duration and one uncontrolled study of 12 months' duration in patients treated with NASONEX Nasal Spray, 50 mcg at 200 mcg/day, using intraocular pressure measurements and slit lamp examination. No significant change from baseline was noted in the mean intraocular pressure measurements for the 141 NASONEX-treated patients in the 12-week study, as compared with 141 placebo-treated patients. No individual NASONEX-treated patient was noted to have developed a significant elevation in intraocular pressure or cataracts in this 12-week study. Likewise, no significant change from baseline was noted in the mean intraocular pressure measurements for the 139 NASONEX-treated patients in the 12-month study and again, no cataracts were detected in these patients. Nonetheless, nasal and inhaled corticosteroids have been associated with the development of glaucoma and/or cataracts. Therefore, close follow-up is warranted in patients with a change in vision and with a history of glaucoma and/or cataracts.

When nasal corticosteroids are used at excessive doses, systemic corticosteroid effects such as hypercorticism and adrenal suppression may appear. If such changes occur, NASONEX Nasal Spray, 50 mcg should be discontinued slowly, consistent with accepted procedures for discontinuing oral steroid therapy.

Information for Patients: Patients being treated with NASONEX Nasal Spray, 50 mcg should be given the following information and instructions. This information is intended to aid in the safe and effective use of this medication. It is not a disclosure of all intended or possible adverse effects. Patients should use NASONEX Nasal Spray, 50 mcg at regular intervals (once daily) since its effectiveness depends on regular use. Improvement in nasal symptoms of allergic rhinitis has been shown to occur within 11 hours after the first dose based on one single-dose, parallel-group study of patients in an outdoor "park" setting (park study) and one environmental exposure unit (EEU) study and within 2 days after the first dose in two randomized, double-blind, placebo-controlled, parallel-group seasonal allergic rhinitis studies. Maximum benefit is usually achieved within 1 to 2 weeks after initiation of dosing. Patients should take the medication as directed and should not increase the prescribed dosage by using it more than once a day in an attempt to increase its effectiveness. Patients should contact their physician if symptoms do not improve, or if the condition worsens. To assure proper use of this nasal spray, and to attain maximum benefit, patients should read and follow the accompanying Patient's Instructions for Use carefully.

Patients should be cautioned not to spray NASONEX Nasal Spray, 50 mcg into the eyes or directly onto the nasal septum.

Persons who are on immunosuppressant doses of corticosteroids should be warned to avoid exposure to chickenpox or measles, and patients should also be advised that if they are exposed, medical advice should be sought without delay.

Carcinogenesis, Mutagenesis, Impairment of Fertility: In a 2-year carcinogenicity study of Sprague Dawley rats, mometasone furoate demonstrated no statistically significant increase of tumors at inhalation doses up to 67 mcg/kg (approximately 3 and 2 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis). In a 19-month carcinogenicity study of Swiss CD-1 mice, mometasone furoate demonstrated no statistically significant increase in the incidence of tumors at inhalation doses up to 160 mcg/kg (approximately 4 and 3 times the maximum recommended daily intranasal dose in adults and children, respectively, on a mcg/m^2 basis).

At cytotoxic doses, mometasone furoate produced an increase in chromosome aberrations *in vitro* in Chinese hamster ovary-cell cultures in the nonactivation phase, but not in the presence of rat liver S9 fraction. Mometasone furoate was not mutagenic in the mouse-lymphoma assay and the *Salmonella/E. coli*/mammalian microsome mutation assay, a Chinese hamster lung cell (CHL) chromosomal-aberrations assay, an *in vivo* mouse bone-marrow erythrocyte-micronucleus assay, a rat bone-marrow clastogenicity assay, and the mouse male germ-cell clastogenicity assay. Mometasone furoate also did not induce unscheduled DNA synthesis *in vivo* in rat hepatocytes.

In reproductive studies in rats, impairment of fertility was not produced by subcutaneous doses up to 15 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). However, mometasone furoate caused prolonged gestation, prolonged and difficult labor, reduced offspring survival, and reduced maternal body weight gain at a dose of 15 mcg/kg.

Pregnancy: ***Teratogenic Effects: Pregnancy Category C:*** Mometasone furoate caused cleft palate in mice at subcutaneous doses of 60 mcg/kg and above (approximately 2 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). Offspring survival was reduced in the 180-mcg/kg group (approximately 4 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). No such effects were observed at 20 mcg/kg (less than the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rabbits, mometasone furoate caused flexed front paws at a topical dermal dose of 150 mcg/kg (approximately 14 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

In rats, mometasone furoate produced umbilical hernia, cleft palate, and delayed ossification at a topical dermal dose of 600 mcg/kg (approximately 30 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis). At 1200 mcg/kg (approximately 60 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), microphthalmia, umbilical hernias, and delayed ossification were observed in rat pups.

In these developmental studies, there were also reductions in maternal body weight gain and effects on fetal growth (lower fetal body weights and/or delayed ossification) in mice (60 and 180 mcg/kg), rabbits (150 mcg/kg), and rats (600 mcg/kg).

In an oral developmental study in rabbits, at 700 mcg/kg, (approximately 70 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis), increased incidences of resorptions and malformations, including cleft palate and/or head malformations (hydrocephaly or domed head) were observed. Pregnancy failure was observed in most rabbits at 2800 mcg/kg (approximately 270 times the maximum recommended daily intranasal dose in adults on a mcg/m^2 basis).

There are no adequate and well-controlled studies in pregnant women. NASONEX Nasal Spray, 50 mcg, like other corticosteroids, should be used during pregnancy only if the potential benefits justify the potential risk to the fetus. Experience with oral corticosteroids since their introduction in pharmacologic, as opposed to physiologic, doses suggests that rodents are more prone to teratogenic effects from corticosteroids than humans. In addition, because there is a natural increase in corticosteroid production during pregnancy, most women will require a lower exogenous corticosteroid dose and many will not need corticosteroid treatment during pregnancy.

Nonteratogenic Effects: Hypoadrenalism may occur in infants born to women receiving corticosteroids during pregnancy. Such infants should be carefully monitored.

Nursing Mothers: It is not known if mometasone furoate is excreted in human milk. Because other corticosteroids are excreted in human milk, caution should be used when NASONEX Nasal Spray, 50 mcg is administered to nursing women.

Pediatric Use: Controlled clinical studies have shown intranasal corticosteroids may cause a reduction in growth velocity in pediatric patients. This effect has been observed in the absence of laboratory evidence of hypothalamic-pituitary-adrenal (HPA) axis suppression, suggesting that growth velocity is a more sensitive indicator of systemic corticosteroid exposure in pediatric patients than some commonly used tests of HPA axis function. The long-term effects of this reduction in growth velocity associated with intranasal corticosteroids, including the impact on final adult height, are unknown. The potential for "catch up" growth following discontinuation of treatment with intranasal corticosteroids has not been adequately studied. The growth of pediatric patients receiving intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg should be monitored routinely (eg, via stadiometry). The potential growth effects of prolonged treatment should be weighed against clinical benefits obtained and the availability of safe and effective nonCorticosteroid treatment alternatives. To minimize the systemic effects of intranasal corticosteroids, including NASONEX Nasal Spray, 50 mcg, each patient should be titrated to his/her lowest effective dose.

Seven hundred and twenty (720) patients 3 to 11 years of age were treate with mometasone furoate nasal spray, 50 mcg (100 mcg total daily dose) controlled clinical trials. Safety and effectiveness in children less than 3 yea of age have not been established.

A clinical study has been conducted for one year in pediatric patients (ag 3 to 9 years) to assess the effect of NASONEX Nasal Spray, 50 mcg (100 m total daily dose) on growth velocity. No statistically significant effect on grow velocity was observed for NASONEX Nasal Spray, 50 mcg compared placebo. No evidence of clinically relevant HPA axis suppression was observ following a 30-minute Cosyntropin infusion.

The potential of NASONEX Nasal Spray, 50 mcg to cause growth suppre sion in susceptible patients or when given at higher doses cannot be ruled o

Geriatric Use: A total of 203 patients above 64 years of age (age range 64 85 years) have been treated with NASONEX Nasal Spray, 50 mcg for up 3 months. The adverse reactions reported in this population were similar type and incidence to those reported by younger patients.

ADVERSE REACTIONS In controlled US and International clinical studies total of 3210 adult and adolescent patients ages 12 years and older recei treatment with NASONEX Nasal Spray, 50 mcg at doses of 50 to 800 mcg/d The majority of patients (n = 2103) were treated with 200 mcg/day. In co trolled US and International studies, a total of 990 pediatric patients (ages 3 11 years) received treatment with NASONEX Nasal Spray, 50 mcg, at doses 25 to 200 mcg/day. The majority of pediatric patients (720) were treated w 100 mcg/day. A total of 513 adult, adolescent, and pediatric patients have be treated for 1 year or longer. The overall incidence of adverse events for patie treated with NASONEX Nasal Spray, 50 mcg was comparable to patie treated with the vehicle placebo. Also, adverse events did not differ significan based on age, sex, or race. Three percent or less of patients in clinical trials d continued treatment because of adverse events; this rate was similar for t vehicle and active comparators.

All adverse events (regardless of relationship to treatment) reported by 5 or more of adult and adolescent patients ages 12 years and older who receiv NASONEX Nasal Spray, 50 mcg, 200 mcg/day and by pediatric patients age to 11 years who received NASONEX Nasal Spray, 50 mcg, 100 mcg/day in cl ical trials vs placebo and that were more common with NASONEX Nasal Spr 50 mcg than placebo, are displayed in the table below.

ADVERSE EVENTS FROM CONTROLLED CLINICAL TRIALS IN SEASONAL ALLERGIC AND PERENNIAL ALLERGIC RHINITIS (PERCENT OF PATIENTS REPORTING)

	Adult and Adolescent Patients 12 years and older		Pediatric Patients Ages 3 to 11 years	
	NASONEX 200 mcg (N = 2103)	VEHICLE PLACEBO (N = 1671)	NASONEX 100 mcg (N = 374)	VEHICL PLACEB (N = 37
Headache	26	22	17	18
Viral Infection	14	11	8	9
Pharyngitis	12	10	10	10
Epistaxis/Blood-Tinged Mucus	11	6	8	9
Coughing	7	6	13	15
Upper Respiratory Tract Infection	6	2	5	4
Dysmenorrhea	5	3	1	0
Musculoskeletal Pain	5	3	1	1
Sinusitis	5	3	4	4
Vomiting	1	1	5	4

Other adverse events which occurred in less than 5% but greater than equal to 2% of mometasone furoate adult and adolescent patients (a 12 years and older) treated with 200-mcg doses (regardless of relationshi treatment), and more frequently than in the placebo group included: arthral asthma, bronchitis, chest pain, conjunctivitis, diarrhea, dyspepsia, earache, like symptoms, myalgia, nausea, and rhinitis.

Other adverse events which occurred in less than 5% but greater than equal to 2% of mometasone furoate pediatric patients ages 3 to 11 ye treated with 100-mcg doses vs placebo (regardless of relationship to tr ment) and more frequently than in the placebo group included: diarrhea, na irritation, otitis media, and wheezing.

Rare cases of nasal ulcers and nasal and oral candidiasis were also repo in patients treated with NASONEX Nasal Spray, 50 mcg, primarily in patie treated for longer than 4 weeks.

In postmarketing surveillance of this product, cases of nasal burning and tation, anaphylaxis and angioedema, and rare cases of nasal septal perfora have been reported.

OVERDOSAGE There are no data available on the effects of acute or chr overdosage with NASONEX Nasal Spray, 50 mcg. Because of low syste bioavailability, and an absence of acute drug-related systemic findings in cal studies, overdose is unlikely to require any therapy other than observat Intranasal administration of 1600 mcg (8 times the recommended dos NASONEX Nasal Spray, 50 mcg) daily for 29 days, to healthy human vo teers, was well-tolerated with no increased incidence of adverse events. Si intranasal doses up to 4000 mcg have been studied in human volunteers w no adverse effects reported. Single oral doses up to 8000 mcg have been s ied in human volunteers with no adverse effects reported. Chronic overdos with any corticosteroid may result in signs or symptoms of hypercorti (see **PRECAUTIONS**). Acute overdosage with this dosage form is unli since one bottle of NASONEX Nasal Spray, 50 mcg contains approxima 8500 mcg of mometasone furoate.

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On-the-road tips

Headed out of town this summer? Take steps to stay healthy, and you'll love every minute of your trip.

Carry all family members' medications in their original containers, along with pertinent medical information about anyone in your group with health problems. As a precaution, especially if you're pregnant, investigate what health care facilities are available at your destination. The safest time for pregnant women to travel is the second trimester, or 12–24 weeks along.



Overseas travel requires specific shots for little ones as well as adults, so check with your local health department about necessary injections. Certain vaccines can take about six weeks or longer to take effect, so investigate early.

Whether traveling by plane, train, or automobile, some people are at higher risk for developing thrombophlebitis, or blood clots, in their legs. Travelers most at risk for developing blood clots are those who are overweight, people who have had recent trauma or surgery, women on oral contraceptives or hormone replacement therapy, and cancer patients. To ensure proper circulation, drink adequate fluids, wear loose clothing, and, if possible, walk every half hour, or at least flex and extend your ankles.

Traveling to certain areas of the world, such as Central America or Africa, puts individuals at risk for diarrhea. The unpleasant symptoms can last three to seven days, with infants and children being particularly vulnerable to dehydration. Drink bottled water or carbonated beverages. Avoid ice, tap water, and raw foods, including fruits and veggies.

—by Elaine Cooper, R.N.

BHG Bookmark: International tourists should log onto the traveler's health Web site of the National Center for Infectious Diseases. Find it at www.cdc.gov/travel. You'll learn about airport security, food precautions, water safety, and assistance for those with disabilities and special needs.



Get physical

Plunge into exercise—at least 30 minutes per day five or more days each week—and lower your chances of developing many types of cancer.

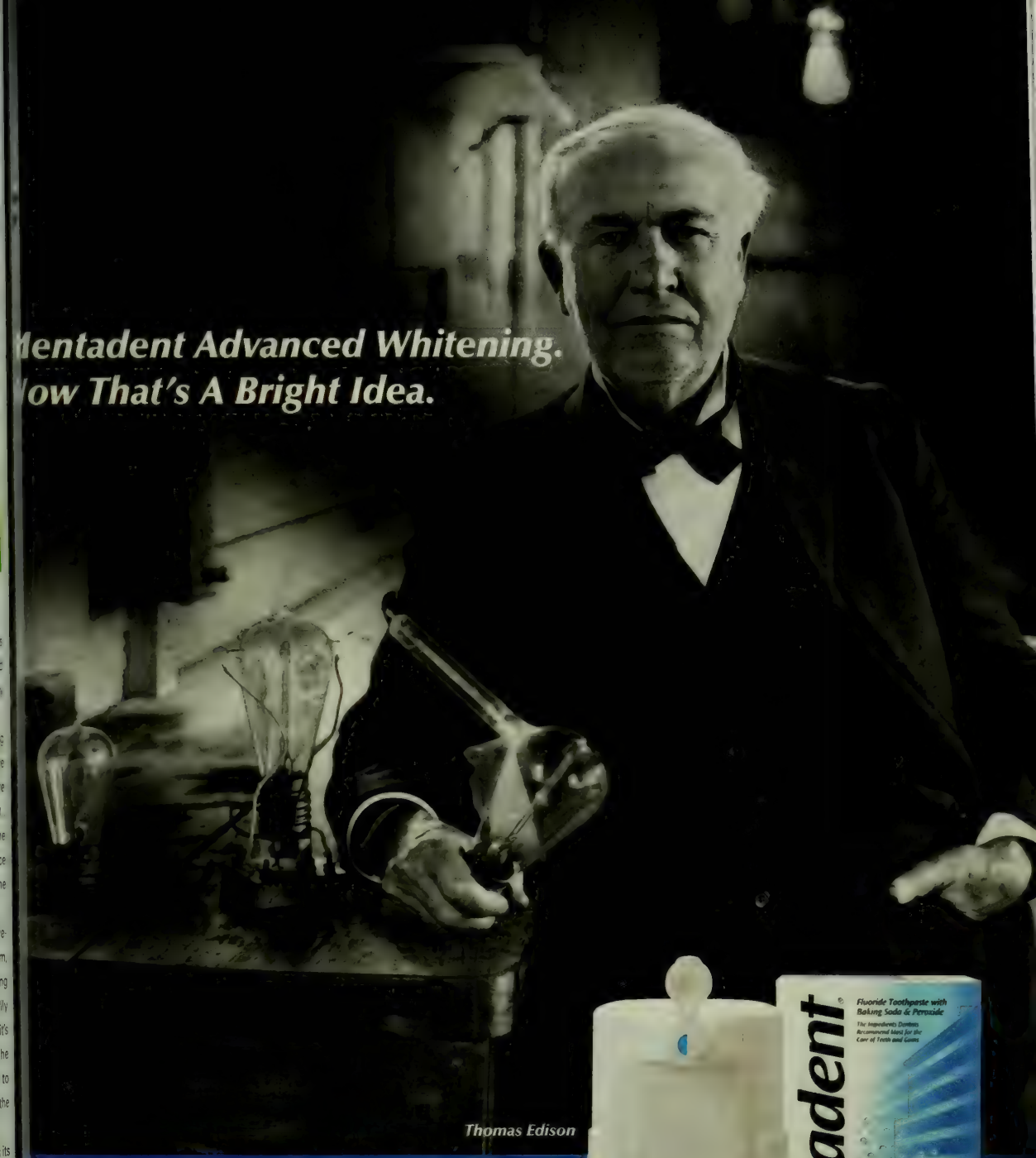
While you're at it, get your kids moving too. Children and teens need to be active for at least one hour a day five or more days each week, says Tim Byers, M.D., professor of preventive medicine at the University of Colorado Health Science Center and a national volunteer for the American Cancer Society.

Physical activity accelerates the movement of food through the digestive system, which reduces the time that the lining of the bowel is exposed to potentially cancer-causing substances. In addition, it's believed that exercise decreases the amount of exposure of breast tissue to circulating estrogen, and this may lower the risk of breast cancer.

The American Cancer Society offers its newest prevention guidelines in the publication "Choices for Good Health," which is available by calling 800/227-2345 or logging onto www.cancer.org.

For information about cancer-fighting foods, turn to "Take 5 at the Very Least" on *page 282.*

continued on page 274



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look who's talking

Parents may be able to improve communication with babies and toddlers—even those with excellent hearing—by using sign language along with words.

From birth, children use their hands for communication and comfort, as well as acquiring information, says Dr. Marilyn Daniels, associate professor of speech communication at Penn State University, Worthington Scranton Campus. Babies experiment with their hands. They reach for things and attempt to pick up objects. However, learning to speak, read, and write English takes years and much patience for young children, says Daniels.



American Sign Language (ASL), which is used by the deaf community, enables many parents to connect with and understand their children, says Daniels. She cites a project in which the mother of a 9-month-old boy taught him basic signs for "eat" and "drink." He responded quickly, so she added "apple," "pasta," and "cookie." By the time he was 14 months old, he knew more ASL words than spoken English words.

Signing fosters language development, says Daniels, whose research since 1991 is the basis for *Dancing with Words: Signing for Hearing Children's Literacy* (2001). Communicating skillfully in a second language, such as ASL, also boosts children's confidence in their own learning abilities.

A SMART WALK IN THE WOODS

As you take to the great outdoors, be aware of Lyme disease. This inflammatory condition is caused by a type of bacterium carried by deer ticks, and it can infect humans and animals. Research shows that it often takes 24 to 36 hours to transmit the bacterium from a tick to a person. As a preventive measure after hiking or even weeding in the yard, check yourself for ticks and remove any *before* they become swollen with blood. Also, be alert to signs of Lyme disease: a red rash, typically radiating from the bite; flulike symptoms; or pain in your joints in the first month after a deer-tick bite. Treatment within a few weeks leads to a cure. But if treatment is delayed, the cure rate decreases. Contact the American Lyme Disease Foundation: 914/277-6970 or www.aldf.com.

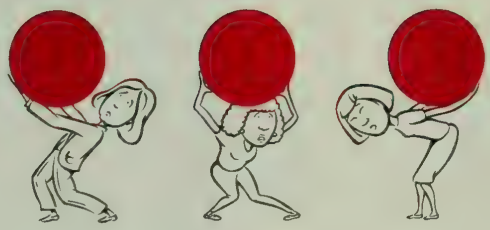
More than 100,000 Lyme disease cases have been reported since 1982.

Sinus Pressure vs. High Blood Pressure **If you have allergies and also suffer from hypertension, beware taking any over-the-counter (OTC) medication to relieve sinus pressure. Products containing a decongestant formulated with pseudoephedrine or phenylephrine can elevate the blood pressure. Some OTC medications are safe, so ask your physician for a recommendation.**

continued on page 276

Heavy Periods

an Control Your Life





Or You Can Control Them

A simple 30-minute treatment can relieve the problem of difficult-to-manage, heavy periods

Menorrhagia (men-or-ah-jza) is defined as excessive menstrual bleeding. More than 1 in 5 women around the world suffer with it. Yet, half of the women in the United States who experience menorrhagia don't seek treatment. Perhaps that's because they don't know about a simple treatment that has been proven to reduce their menstrual flow by 86% on average.

GYNECARE THERMACHOICE UTERINE BALLOON THERAPY treats the lining of the uterus. Studies show that it is a safe and effective treatment for an overwhelming majority of women. In fact, 96% of women remain satisfied with the results from the therapy after 3 years. It is a one-time treatment that only takes 30 minutes and requires no hospital stay. And, in most cases, women return to work or family commitments the next day. THERMACHOICE is only intended for women with no plans for pregnancy and like all medical procedures involves risks. Ask your doctor if this treatment option is right for you.

1-888-GYNECARE

ww.ControlHeavyPeriods.com

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BHG02



Family Health Update

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Hooked on Body Art

Home-for-the-summer college students may be in for a piercing gaze from mom and dad. It's probably due to that metal ornament poking through their nose, eyebrow, or tongue. Or perhaps the progenies have new artwork to share with their moms—but it can't be hung on refrigerators or walls because it's already on their skin.

Plenty of parents are cringing since tattooing and body piercing have become commonplace among college students. One New York University study reported that 51 percent of students had some body ring or device, while 23 percent sported tattoos.

Informing your adult or near-adult child about some of the side effects to these trends may be helpful.

Body piercing can cause bacterial infections, which can quickly become nasty enough to require medical attention. Some rings that purport to be gold or surgical steel may contain nickel, which can cause a severe allergic reaction.



Tattoos can also cause infections, regardless of whether "clean needles" were used in making the design. Many of the pigments used in body art are not approved for skin contact. Removing tattoos later adds further risk for infection, scarring, and more allergic reactions.

Buzz

Tuberculosis (TB) is alive and well in the world, unfortunately. Recent cases in Alabama and North Carolina have brought that point all too close to home.

"No one thinks about it until we have an outbreak," says Lee Reichman, M.D., executive director of the New Jersey Medical School National Tuberculosis Center.

Health-care workers in the United States are routinely tested for TB. Others at high risk, such as those with weak immune systems, or anyone exposed to the disease should undergo skin testing. Antibiotics can kill the organism that causes TB, but drugs must be taken for six to nine months.

In case you were wondering how prevalent this illness is, there are 2 billion people in the world infected with latent TB, including 15 million in the United States.



UV-Smart

Sun-savvy consumers know they need to protect themselves from the skin-damaging ultraviolet rays, but knowing how much protection you need has long been a matter of guesswork. Now, there's a better way. The **Tanita UV-Smart** monitor tells you how much UV-A and UV-B radiation is falling on your skin at any given time. The monitor, smaller than a pocket calculator, gives a digital readout and displays a symbol to tell you whether the UV radiation is weak, medium, strong, or very strong. The monitor is $59.95, which includes shipping, handling, and applicable sales tax. Call 800/881-4066 or visit www.bhgcatalog.com to order with your MasterCard, Visa, Discover, or American Express card.





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Motherhood changes everything.

Happily, that includes your birth control options.

Meet Mirena. Birth control for moms.

You know how it is. You wake up one morning and—whammo! You've gone from being "just the two of us" to being a family. The best part is that motherhood changes how you experience love. Love for your child is unlike anything you've ever felt before. And love for your partner takes on a whole new meaning. When the two of you finally find some time for intimacy, nothing should stand in your way. That's precisely why you should ask your doctor about a birth control option that's especially great for moms—Mirena.

Innovative and over 99% effective, Mirena frees you from worrying about birth control for up to 5 years. There are no pills to remember. Nothing to fuss with. Nothing to break the mood. (Whoopee!)

Easily inserted by your doctor in a routine office visit, Mirena is perfect for family planning as well. If you decide you want to have more children, just have Mirena removed. Studies show your chances of getting pregnant after Mirena are the same as for women who have not been using any method of birth control. Plus, Mirena may give you shorter, lighter periods and is estrogen-free.

You'll also be pleased to know that Mirena is an intrauterine system with a proven track record. It's FDA approved and has been successfully used by 2 million women in Europe over the past ten years. They already know that with all you have to think about as a new mom, not having to worry about birth control is really nice for a change.



Ask your doctor about Mirena—Birth control for moms. For more information, you can visit www.mirena.com/bh or call 1-800-986-1515 for a free brochure.

You may have some questions we can answer right now. For instance, "Is intrauterine contraception right for me?" Only your doctor can determine that, but women with a history of or at risk for pelvic inflammatory disease or ectopic pregnancy should not use Mirena. Otherwise, most moms are typically good candidates for Mirena. "What about side effects?" you ask. Well, they're uncommon and may include a cyst on the ovaries, missed menstrual periods, irregular bleeding or spotting for the first 3-6 months, or lighter, shorter periods hereafter. *Mirena does not protect against HIV (AIDS) and other sexually transmitted diseases.* Please see brief summary of Prescribing Information on the reverse side.

Mirena®

(levonorgestrel-releasing intrauterine system 20 µg/day)

Birth control for Moms.

MIRENA® (levonorgestrel-releasing intrauterine system)

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTHER SEXUALLY TRANSMITTED DISEASES

Rx only

INDICATIONS AND USAGE: MIRENA® is indicated for intrauterine contraception for up to 5 years. Thereafter, if continued contraception is desired, the system should be replaced. **RECOMMENDED PATIENT PROFILE:** MIRENA® is recommended for women who have had at least one child, are in a stable, mutually monogamous relationship, have no history of pelvic inflammatory disease, and have no history of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

CONTRAINDICATIONS: MIRENA® insertion is contraindicated when one or more of the following conditions exist: 1. Pregnancy or suspicion of pregnancy. 2. Congenital or acquired uterine anomaly including fibroids if they distort the uterine cavity. 3. Acute pelvic inflammatory disease or a history of pelvic inflammatory disease unless there has been a subsequent intrauterine pregnancy. 4. Postpartum endometritis or infected abortion in the past 3 months. 5. Known or suspected uterine or cervical neoplasia or unresolved abnormal Pap smear. 6. Genital bleeding of unknown etiology. 7. Untreated acute cervicitis or vaginitis, including bacterial vaginosis or other lower genital tract infections until infection is controlled. 8. Acute liver disease or liver tumor (benign or malignant). 9. Woman or her partner has multiple sexual partners. 10. Conditions associated with increased susceptibility to infections with microorganisms. Such conditions include, but are not limited to, leukemia, acquired immune deficiency syndrome (AIDS), and I.V. drug abuse. 11. Genital actinomycosis (See **WARNINGS**). 12. A previously inserted IUD that has not been removed. 13. Hypersensitivity to any component of this product. 14. Known or suspected carcinoma of the breast. 15. History of ectopic pregnancy or condition that would predispose to ectopic pregnancy.

WARNINGS: 1. Ectopic Pregnancy: In large clinical trials of MIRENA®, half of all pregnancies detected during the studies were ectopic. The per-year incidence of ectopic pregnancy in the clinical trials was approximately 1 ectopic pregnancy per 1000 users per year. The rate of ectopic pregnancies associated with MIRENA® use is not significantly different than the rate for sexually active women not using any contraception. Clinical trials of MIRENA® excluded women with a history of ectopic pregnancy. MIRENA® is not recommended for use in women with a history of ectopic pregnancy or conditions that increase the risk of ectopic pregnancy. Women who choose MIRENA® must be warned about the risks of ectopic pregnancy. They should be taught to recognize and report to their physician promptly any symptoms of ectopic pregnancy. Women should also be informed that ectopic pregnancy has been associated with complications leading to loss of fertility. **2. Intrauterine Pregnancy:** In the event of an intrauterine pregnancy with MIRENA®, the following should be considered: a) Septic abortion: In patients becoming pregnant with an IUD in place, septic abortion—with septicemia, septic shock, and death—may occur. If pregnancy should occur with a MIRENA® in place, MIRENA® should be removed. Removal or manipulation of MIRENA® may result in pregnancy loss. b) Continuation of pregnancy: If a woman becomes pregnant with MIRENA® in place and if MIRENA® cannot be removed or the woman chooses not to have it removed, she should be warned that failure to remove MIRENA® increases the risk of miscarriage, sepsis, premature labor and premature delivery. She should be followed closely and advised to report immediately any flu-like symptoms, fever, chills, cramping, pain, bleeding, vaginal discharge or leakage of fluid. c) Long-term effects and congenital anomalies: When pregnancy continues with MIRENA® in place, long-term effects on the offspring are unknown. Because of the intrauterine administration of levonorgestrel and local exposure to the hormone, the possibility of teratogenicity following exposure to MIRENA® cannot be completely excluded. Clinical experience with the outcomes of pregnancies is limited due to the small number of reported pregnancies following exposure to MIRENA®. Congenital anomalies have occurred infrequently when MIRENA® has been in place during pregnancy. In these cases the role of MIRENA® in the development of the congenital anomalies is unknown. As of September 1999, 32 live births following exposure to MIRENA® were reported retrospectively. All but 2 of the infants were healthy at birth. One infant had pulmonary artery hypoplasia and another infant had cystic hypoplastic kidneys. (A sibling of this infant had renal agenesis with no MIRENA® exposure.) **3. Sepsis:** As of 1999, four cases of Group A streptococcal sepsis (GAS) out of an estimated 1.3 million MIRENA® users were reported. All four women experienced the symptom of severe pain within hours of insertion, and this was followed by sepsis within a few days (of insertion). All recovered with treatment. Since death from GAS is more likely if treatment is delayed, it is important to be aware of these rare but serious infections. Aseptic technique during MIRENA® insertion is essential. (GAS sepsis can also occur postpartum, after minor surgery, in wounds and in association with other IUDs.) **4. Pelvic Inflammatory Disease (PID):** MIRENA® is contraindicated in the presence of known or suspected PID or in women with a history of PID unless there has been a subsequent intrauterine pregnancy. Use of IUDs has been associated with an increased risk of PID. The highest risk of PID occurs shortly after insertion (usually within the first 20 days thereafter) (see **Insertion Precautions**). A decision to use MIRENA® must include consideration of the risks of PID. a) Women at increased risk for PID: PID is often associated with a sexually transmitted disease, and MIRENA® does not protect against sexually transmitted disease. The risk of PID is greater for women who have multiple sexual partners, and also for women whose sexual partner(s) have multiple sexual partners. Women who have ever had PID are at increased risk for a recurrence or re-infection. b) PID warning to MIRENA® users: All women who choose MIRENA® must be informed prior to insertion about the possibility of PID and that PID can cause tubal damage leading to ectopic pregnancy or infertility, or in infrequent cases can necessitate hysterectomy, or can cause death. Patients must be taught to recognize and report to their physician promptly any symptoms of pelvic inflammatory disease. These symptoms include development of menstrual disorders (prolonged or heavy bleeding), unusual vaginal discharge, abdominal or pelvic pain or tenderness, dyspareunia, chills, and fever. c) Asymptomatic PID: PID may be asymptomatic but still result in tubal damage and its sequelae. d) Treatment of PID: Following a diagnosis of PID, or suspected PID, bacteriologic specimens should be obtained and antibiotic therapy should be initiated promptly. Removal of MIRENA® after initiation of antibiotic therapy is usually appropriate. Guidelines for PID treatment are available from the Centers for Disease Control (CDC), Atlanta, Georgia. Adequate PID treatment requires the application of current standards of therapy prevailing at the time of occurrence of the infection with reference to prescription labeling. Actinomycosis has been associated with IUDs. Symptomatic women with IUDs should have the IUD removed and should receive antibiotics. However, the management of the asymptomatic carrier is controversial because actinomycetes can be found normally in the genital tract cultures in healthy women without IUDs. False positive findings of actinomycosis on Pap smears can be a problem. When possible, confirm the Pap smear diagnosis with cultures. **5. Irregular Bleeding and Amenorrhea:** MIRENA® can alter the bleeding pattern. During the first three to six months of MIRENA® use the number of bleeding and spotting days may be increased and bleeding patterns may be irregular. Thereafter the number of bleeding and spotting days usually decreases but bleeding may remain irregular. If bleeding irregularities develop during prolonged treatment, appropriate diagnostic measures should be taken to rule out endometrial pathology. Amenorrhea develops in approximately 20% of MIRENA® users by one year. The possibility of pregnancy should be considered if menstruation does not occur within six weeks of the onset of previous menstruation. Once pregnancy has been excluded, repeated pregnancy tests are not necessary in amenorrheic subjects unless indicated by other signs of pregnancy or by pelvic pain. **6. Embedment:** Partial penetration or embedment of MIRENA® in the myometrium may decrease contraceptive effectiveness and can result in difficult removals. **7. Perforation:** An IUD may perforate the uterus or cervix, most often during insertion although the perforation may not be detected until some time later. If perforation occurs, the IUD must be removed and surgery may be required. Adhesions, peritonitis, intestinal perforations, intestinal obstruction, abscesses and erosion of adjacent viscera have been reported with IUDs. It is recommended that postpartum MIRENA® insertion be delayed until uterine involution is complete to decrease perforation risk. There is an increased risk of perforation in women who are lactating. Inserting MIRENA® immediately after first trimester abortion is not known to increase the risk of perforation, but insertion after second trimester abortion should be delayed until uterine involution is complete. **8. Ovarian Cysts:** Since the contraceptive effect of MIRENA® is mainly due to its local effect, ovulatory cycles with follicular rupture usually occur in women of fertile age using MIRENA®. Sometimes atresia of the follicle is delayed and the follicle may continue to grow. Enlarged follicles have been diagnosed in about 12% of the subjects using MIRENA®. Most of these follicles are asymptomatic, although some may be accompanied by pelvic pain or dyspareunia. In most cases the enlarged follicles disappear spontaneously during two to three months' observation. Surgical intervention is not usually required. **9. Breast Cancer:** Women who currently have or have had breast cancer should not use hormonal contraception because breast cancer is a hormone-sensitive tumor. **10. Risks of Mortality:** The available data from a variety of sources have been analyzed to estimate the risk of death associated with various methods of contraception. The estimates of risk of death include the combined risk of the contraceptive method plus the risk of pregnancy or abortion in the event of method failure. The findings of the analysis are shown in the following table: **Annual Number of Birth-Related or Method-Related Deaths Associated with Control of Fertility per 100,000 Nonsterile Women, by Fertility Control Method According to Age**

	AGE GROUP					
METHODS	15-19	20-24	25-29	30-34	35-39	40-44
No Birth Control Method/Term	4.7	5.4	4.8	6.3	11.7	20.6
No Birth Control Method/AB	2.1	2.0	1.6	1.9	2.8	5.3
IUD	0.2	0.3	0.2	0.1	0.3	0.6
Periodic Abstinence	1.4	1.3	0.7	1.0	1.0	1.9
Withdrawal	0.9	1.7	0.9	1.3	0.8	1.5
Condom	0.6	1.2	0.6	0.9	0.5	1.0
Diaphragm/Cap	0.6	1.1	0.6	0.9	1.6	3.1
Sponge	0.8	1.5	0.8	1.1	2.2	4.1
Spermicides	1.6	1.9	1.4	1.9	1.5	2.7
Oral Contraceptives	0.8	1.3	1.1	1.8	1.0	1.9
Implants/Injectables	0.2	0.6	0.5	0.8	0.5	0.6
Tubal Sterilization	1.3	1.2	1.1	1.1	1.2	1.3
Vasectomy	0.1	0.1	0.1	0.1	0.1	0.2

Hariap S. et al. Preventing pregnancy, protecting health: a new look at birth control choices in the US. The Alan Guttmacher Institute. 1991 1-129.

Mirena®
(levonorgestrel-releasing intrauterine system) 20 µg/day
Birth control for Moms.

PRECAUTIONS

PATIENTS SHOULD BE COUNSELED THAT THIS PRODUCT DOES NOT PROTECT AGAINST HIV INFECTION (AIDS) AND OTH SEXUALLY TRANSMITTED DISEASES.

1. Patient Counseling: Prior to insertion, the physician, nurse, or other trained health professional must provide the patient w the Patient Package Insert. The patient should be given the opportunity to read the information and discuss fully any questions may have concerning MIRENA® as well as other methods of contraception. Careful and objective counseling of the user prio insertion regarding the expected bleeding pattern, the possible interindividual variation in changes in bleeding and the etiolog the changes may have an effect on the frequency of removal due to bleeding problems and amenorrhea. The patient should be that some bleeding such as irregular or prolonged bleeding and spotting, and/or cramps may occur during the first few weeks a insertion. If her symptoms continue or are severe she should report them to her health care provider. She should also be gi instructions on what other symptoms require her to call her physician. She should be instructed on how to check after menstrual period to make certain that the thread still protrudes from the cervix and cautioned not to pull on the thread and displ MIRENA®. She should be informed that there is no contraceptive protection if MIRENA® is displaced or expelled. **Patient Evaluat and Clinical Considerations:** a) A complete medical and social history, including that of the partner, should be obtained determine conditions that might influence the selection of an IUD for contraception (see **CONTRAINDICATIONS**). A physi examination should include a pelvic examination, a Pap smear, and appropriate tests for any other forms of genital disease, s as gonorrhea and chlamydia laboratory evaluations, if indicated. **Special attention must be given to ascertaining whether woman is at increased risk of ectopic pregnancy or PID. MIRENA® is contraindicated in these women.** b) **The health c provider should determine that the patient is not pregnant.** The possibility of insertion of MIRENA® in the presence of existing undetermined pregnancy is reduced if insertion is performed within 7 days of the onset of a menstrual period. MIRE can be replaced by a new system at any time in the cycle. MIRENA® can be inserted immediately after first trimester abort c) MIRENA® should not be inserted until 6 weeks postpartum or until involution of the uterus is complete in order to reduce incidence of perforation and expulsion. d) Patients with certain types of valvular or congenital heart disease and surgic constructed systemic-pulmonary shunts are at increased risk of infective endocarditis. Use of MIRENA® in these patients represent a potential source of septic emboli. Patients with known congenital heart disease who may be at increased risk sh be treated with appropriate antibiotics at the time of insertion and removal. Patients requiring chronic corticosteroid therap insulin for diabetes should be monitored with special care for infection. e) MIRENA® should be used with caution in patients have a coagulopathy or are receiving anticoagulants. f.) Use of MIRENA® in patients with vaginitis or cervicitis should be postpo until proper treatment has eradicated the infection and until it has been shown that the cervicitis is not due to gonorrhea chlamydia (see **CONTRAINDICATIONS**). **2. Insertion Precautions:** Because the presence of organisms capable of establishing cannot be determined by appearance, and because IUD insertion may be associated with introduction of vaginal bacteria into uterus, strict asepsis should be observed at insertion. Administration of antibiotics may be considered, but the utility of treatment is unknown. The uterus should be carefully sounded prior to MIRENA® insertion to determine the degree of patency of endocervical canal and the internal os, and the direction and depth of the uterine cavity. In occasional cases, severe cervi stenosis may be encountered. Do not use excessive force to overcome this resistance. Syncope, bradycardia, or o neurovascular episodes may occur during insertion or removal of MIRENA®, especially in patients with a predisposition to th conditions or cervical stenosis. If decreased pulse, perspiration, or pallor are observed, the patient should remain supine until th signs have disappeared. **3. Continuation and Removal:** MIRENA® must be replaced every 5 years because contracep effectiveness after 5 years has not been established. a) User complaints of pain, odorous discharge, bleeding, fever, genital les or sores should be promptly responded to and prompt examination recommended. (See **WARNINGS** regarding amenorrhea). examination during visits subsequent to insertion reveals that the length of the threads has changed from the length at tim insertion, and the system is verified as displaced, it should be removed. A new system may be inserted at that time or during next menses if it is certain that conception has not occurred. If the threads are not visible, location of the MIRENA® should verified, for example with X-ray, ultrasound, or gentle probing of the uterine cavity. If the MIRENA® is in place with no evidenc perforation, no intervention is indicated. If expulsion has occurred, it may be replaced within 7 days of a menstrual period pregnancy has been ruled out. c) Since MIRENA® may be displaced, patients should be reexamined and evaluated shortly after first postinsertion menses, but definitely within 3 months after insertion. Symptoms of the partial or complete expulsion of any may include bleeding or pain. However, the system can be expelled from the uterine cavity without the woman noticing it. Pa expulsion may decrease the effectiveness of MIRENA®. As menstrual flow usually decreases after the first 3 to 6 month MIRENA® use, increase of menstrual flow may be indicative of an expulsion. d) In the event a pregnancy is confirmed du MIRENA® use, the following steps should be taken: • Determine whether pregnancy is ectopic and take appropriate measur it is. • Inform patient of the risks of leaving MIRENA® in place or removing it during pregnancy and of the lack of data on long- effects on the offspring of women who have had MIRENA® in place during conception or gest (see **WARNINGS**). • If possible, MIRENA® should be removed after the patient has been wa of the risks of removal. If removal is difficult, the patient should be counseled and offe pregnancy termination. • If MIRENA® is left in place, the patient's course should be follo closely. e) Should the patient's relationship cease to be mutually monogamous, or should partner become HIV positive, or acquire a sexually transmitted disease, she should be instru to report this change to her clinician immediately. The use of a barrier method as a pa protection against acquiring sexually transmitted diseases should be strongly recommen Removal of MIRENA® should be considered. f) MIRENA® should be removed for the follow medical reasons: menorrhagia and/or metrorrhagia producing anemia, acquired imm deficiency syndrome (AIDS); sexually transmitted disease, pelvic infection; endometritis; symptomatic genital actinomyc intractable pelvic pain; severe dyspareunia; pregnancy; endometrial or cervical malignancy; uterine or cervical perforation. g) retrieval threads are not visible, they may have retracted into the uterus or have been broken, or MIRENA® may have been bro perforated the uterus, or have been expelled. Location of MIRENA® may be determined by sonography, X-ray, or by g exploration of the uterine cavity with a probe. h) Removal of the system should also be considered if any of the following condit arise for the first time: migraine, focal migraine with asymmetrical visual loss or other symptoms indicating transient cere ischemia; exceptionally severe headache, jaundice; marked increase of blood pressure; severe arterial disease such as strok myocardial infarction. **4. Glucose Tolerance:** Levonorgestrel may affect glucose tolerance, and the blood glucose concentra should be monitored in diabetic users of MIRENA®.

DRUG INTERACTIONS: The effect of hormonal contraceptives may be impaired by drugs which induce liver enzymes. The influ of these drugs on the contraceptive efficacy of MIRENA® has not been studied. **CARCINOGENESIS:** Long-term studies in ani to assess the carcinogenic potential of levonorgestrel releasing intrauterine system have not been performed. See **WARNI** section. **PREGNANCY:** Pregnancy Category X. See **WARNINGS** section. **NURSING MOTHERS:** Levonorgestrel has been identifi small quantities in the breast milk of lactating women using MIRENA®. In a study of 14 breastfeeding women using a MIRE prototype during lactation, mean infant serum levels of levonorgestrel were approximately 7% of maternal serum levels. Horm contraceptives are not recommended as the contraceptive method of first choice during lactation. **PEDIATRIC USE:** Safety efficacy of MIRENA® have been established in women of reproductive age. Use of this product before menarche is not indica (See **RECOMMENDED PATIENT PROFILE**.) **GERIATRIC USE:** MIRENA® has not been studied in women over age 65 and is currently approved for use in this population. **INFORMATION FOR THE PATIENT:** See Patient Package Labeling. **Return to Fert** About 80% of women wishing to become pregnant conceived within 12 months after removal of MIRENA®. **ADVERSE REACTI** The most serious adverse reactions associated with the use of MIRENA® are discussed in the **WARNINGS** section. Others presented in the **PRECAUTIONS** section. Other adverse events reported by 5% or more subjects include: abdominal pain, b pain, nausea, decreased libido, leukorrhea, acne, nervousness, abnormal pap smear, headache, depression, dysmenor sinusitis, vaginitis, hypertension, weight increase, back pain, upper respiratory infection, skin disorder. Other reported adv reactions occurring in less than 3% of patients include: failed insertion, migraine, vomiting, anemia, cervicitis, dyspareunia, loss, eczema. **HOW SUPPLIED:** MIRENA® (levonorgestrel-releasing intrauterine system), containing a total of 52 mg levonorge is available in a carton of one sterile unit NDC# 50419-421-01. Each MIRENA® is packaged in a thermoformed blister package a peelable lid, together with an insertion tube which is then heat sealed into a secondary pouch. MIRENA® is supplied st MIRENA® is sterilized with ethylene oxide. Do not resterilize. For single use only. Do not use if the inner package is damage open. Insert before the month shown on the label.

STORAGE AND HANDLING: Store at 25°C (77°F), with excursions permitted between 15°-30°C (59-86°F) [See **USP Contr Room Temperature**]

DIRECTIONS FOR USE: NOTE: Health care providers are advised to become thoroughly familiar with the inse instructions before attempting insertion of MIRENA®.

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6073000 12/00

Manufactured for
Berlex Laboratories, Inc., Montville, NJ 07045
Manufactured in Finland

21-150-1264

buying guide

Some of the products shown editorially in *Better Homes and Gardens®* magazine can be obtained locally. For more information, contact the manufacturers listed below.

Puttering Sheds
Page 32: roof shingles—Owens Corning, Roofing Inquiries, World Headquarters, 1 Owens Corning Pkwy., Toledo, OH 43659; 800/438-7465; www.owenscorning.com. **Exterior paint**—The Sherwin-Williams Co.; 800/474-3794; www.sherwin-williams.com.
Page 34: roof shingles—Owens Corning (address above). **Exterior paint**—The Sherwin-Williams Co.; 800/474-3794; www.sherwin-williams.com.
Page 36: stain, Dune Gray—Cabot Wood Care; 800/877-8246; Web site: www.cabotstain.com. **Trim paint**—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com.
Page 40: barn, windows, siding, roofing, window boxes—Better Barns, 126 Main St., South, Bethlehem, CT 06751; 203/266-7989; www.betterbarns.com. **Garden wagon**—Home Depot U.S.A., Inc.; www.homedepot.com.

An At-Home Getaway
Pages 44-46: coffee table—Buffalo Nickel Antiques; 763/682-4735. **All other items**—antique, discontinued, or personal belonging.
Page 48: milk stool—Missouri Mouse; 651/642-1938. **Coffee table,** one of a kind—Buffalo Nickel Antiques; 763/682-4735. **White wicker table,** one of a kind—Getchell's Prairie Antiques; 612/922-6222. **Chaise**—American Island Antiques; 612/925-9006.
Page 50: desk—Buffalo Nickel Antiques; 763/682-4735.
Page 52: mirror, one of a kind—Getchell's Prairie Antiques; 612/922-6222.

How to Make Fences That Flower
Pages 60-69: Espalier—Western Washington Fruit Research Foundation; www.wwfrf.org.

Slip Into Summer Whites
Page 85: clear glass bowl—Crate and Barrel; for more information call 800/323-5461; www.crateandbarrel.com.
Page 86: clear glass cylinder, "Henry Dean"—through Forty Five Ten, 4510 McKinney Ave., Dallas, TX 75205; 888/567-4510. (***Bottom right***): **white jade bowl,** "Red and Green"—through Forty Five Ten (address above).
Page 88: black-glazed tumbler, 7-1594—through 18 Karat; 888/849-8811. **Antique zinc pot**—no source.

Decorating Shop™
Page 90: Gardening in the Round Sampler Set—Banar Designs, 431 South Main St., Fallbrook, CA 92028. Listo Products, Ltd., 13137-82A Ave., Surrey, British Columbia, Canada, V3W9Y6.

Floor Shows
Page 94: base floor color, PPF-26 (Thunder Cloud)—Behr Paint through Home Depot; www.homedepot.com. **Paint for rug,** PPPF-2 (Front Porch), PPPF-28 (Yellow Fences), 6050 (Ultra Pure White)—Behr Paint through Home Depot; www.homedepot.com.
Page 96: stains and sealers, 81 (Red Cedar) finish; 31 (Redwood) sealer; DR360 (Avocado) sealer; DP 332 (Sagebrush Green) sealer—Behr Paint through Home Depot; www.homedepot.com.
Page 98: concrete & garage floor paint, C70-33 (Pyramid) basecoat; **small tile,** C70-14 (Mon Stylo); **large tile first coat,** C70-28 (Santa Fe); **second coat,** C70-27 (Mexican Tile)—Behr Paint through Home Depot; www.homedepot.com.

Shelves
Page 100: all items—antique, discontinued, or a personal belonging.
Page 102: decorative balls in bowl—Crate and Barrel; 800/323-5461; www.crateandbarrel.com. **Bottles on shelf**—Room & Board; 800/486-6554; www.roomandboard.com.
Page 104: sideboard and hutch, MC9332 (White)—Maine Cottage Furniture; 207/846-1430; www.maincottage.com.

Tea Cozy
Pages 160–165: all wicker; pillows, April Cornell Co.; **needlepoint rug**—Durr Ltd.; 952/925-9146. **All other items**—antique, discontinued, or a personal belonging.

Gardener's Almanac
Pages 166–172: Nora Leigh phlox—Busse Gardens, 17160-245th Ave., Big Lake, MN 55309. White Flower Farm, P.O. Box 50, Litchfield, CT 06759; 800/503-9624; free catalog. **Frosty Morn sedum**—Niche Gardens, 1111 Dawson Rd., Chapel

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IN RE AOL VERSION 5.0 SOFTWARE LITIGATION
In The United States District Court For The Southern District Of Florida

OFFICIAL SUMMARY NOTICE OF PROPOSED SETTLEMENT OF PUTATIVE CLASS ACTION AND SETTLEMENT HEARING

IF YOU HAVE INSTALLED AOL VERSION 5.0 SOFTWARE ON YOUR COMPUTER (WHICH WAS RELEASED IN THE FALL OF 1999) YOU MAY BE ELIGIBLE TO SHARE IN THE NET SETTLEMENT FUND.

Please read this carefully as it may affect your rights.

There is a proposed Settlement for a putative class action pending in the United States District Court for the Southern District of Florida, the Miami Division: *In re America Online Inc. Version 5.0 Software Litigation,* MDL Docket No. 00-1341-MD-Gold. Putative class action complaints were filed against America Online, Inc. and those complaints alleged that consumers believed that they had various difficulties with the AOL Version 5.0 Software (the "5.0 Software"). Under the proposed Settlement, persons who installed the 5.0 Software and file a proof of claim certifying under oath that they experienced difficulties may be eligible to participate in a $15.5 million Settlement Fund, which fund will also cover the costs of notice to the Settlement Class, administrative expenses, any service awards that may be awarded to the participating named plaintiffs, former named plaintiffs or declarants who completed their discovery obligations and any plaintiffs' attorneys' fees and expenses that the Court may award.

The expenses of the Settlement, Attorneys' Fees and Costs awarded to Plaintiffs' Counsel, and Service Awards (if any) will be deducted from the $15.5 million Settlement Fund. Plaintiffs' Counsel estimate that the costs of providing notice and administering the Settlement will be $1.5 million. Plaintiffs' Counsel intend to seek attorneys' fees of 30% of the Settlement Fund, ($4.65 million) plus costs not to exceed $1.3 million. Plaintiffs' Counsel will also seek service awards totaling approximately $50,000. If the Court approves the attorneys' fees and cost application and the service awards, approximately $8 million will be available to be distributed to the Settlement Class after payment of notice and administrative expenses. As explained in more detail in the Official Notice (available at <www.50softwaresettlement.com> or by calling toll-free 1-888-641-4434), the amount paid on any particular valid claim will depend upon, among other things, the number of valid claims received from Settlement Class Members and the level of Qualifying Documentation (as explained in the Official Notice) provided.

After conducting extensive discovery, retaining experts to review and test the 5.0 Software, and after assessing the risks of litigation, Plaintiffs' Counsel believe that the Settlement is fair and equitable to the Settlement Class Members, especially because of the lack of probability of success on certain claims and the actions already taken by AOL to address these issues. AOL believes that AOL 5.0 is a reliable software program that has made and continues to make using the Internet easy, safe, convenient and reliable. Accordingly, AOL strenuously denies the plaintiffs' allegations and is settling this Action simply to avoid the burden of litigation.

A hearing will be held on August 9, 2002, at 1:30 p.m., before the Honorable Alan Gold, United States District Judge, at the United States District Court for the Southern District of Florida, located at 301 North Miami Avenue, Miami, FL 33128, to decide whether the proposed Settlement should be approved. If you are a member of the Settlement Class, you do not need to do anything to remain in the Settlement Class. You will be bound by all proceedings, orders, and judgments entered in connection with the Settlement, whether favorable or unfavorable. If you do not exclude yourself from the Settlement Class, and the Settlement is granted final approval, entry of the judgment will release any and all claims you may have against AOL relating in any manner to this Action.

HOW TO GET THE OFFICIAL NOTICE AND CLAIM FORM

You can access the Official Notice and Claim Form at the Website www.50softwaresettlement.com or you can request the Official Notice and Claim Form by calling 1-888-641-4434. **Please Note: The deadline to submit your claim is September 6, 2002.**

HOW TO EXCLUDE YOURSELF FROM THE CLASS OR OBJECT TO THE SETTLEMENT

If you exclude yourself from the Class, you will not participate in the Settlement, and you will not receive the benefits of the Settlement. You will not be bound by the judgments to be entered pursuant to the Settlement, and none of your claims will be released. If you want to be excluded, you must mail or deliver, such that it is **RECEIVED** on or before July 5, 2002, a written request for exclusion to the Claims Administrator at the following address:

5.0 Software Settlement
Claims Administrator
P.O. Box 8859
Melville, NY 11747-8859

The exclusion request must also comply with the other requirements set forth in the Official Notice.

Any objection to the Settlement must comply with the filing and service requirements detailed in the Official Notice no later than July 5, 2002. Any objection must also comply with the other requirements set forth in the detailed legal notice referred to above.

THIS NOTICE IS NOT AN EXPRESSION BY THE COURT AS TO THE FAIRNESS OR ADEQUACY OF THE SETTLEMENT.

NO INQUIRIES SHOULD BE DIRECTED TO THE COURT.

Dated: March 27, 2002

By Order of the Court
THE HONORABLE ALAN S. GOLD



Take 5 at the very least

Eat five servings a day of fruits and vegetables. How hard can that be? It's not. And we're here to show you how easy it is.

In fact, five is just the starting point, says Lorelei DiSogra, registered dietitian. "Women should be eating closer to seven. Men should be eating nine," according to DiSogra, director of the national 5 a Day for Better Health program at the National Cancer Institute.

Research shows that the more fruits and vegetables you eat, the lower your risk of developing chronic diseases, including cancer, heart disease, diabetes, and macular degeneration. The brighter the color of what you eat, the better, DiSogra says. The natural plant chemicals that make cherries a vivid red and blueberries so blue also take on double-duty as disease fighters.

The best colors to reach for as you're picking produce: red, orange, yellow, green, and blue-purple.

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5 from your kitchen

1. Sneak more fruit into peanut butter and jelly sandwiches by making your own easy blender jam. Blend well-drained canned apricots, peaches, or pineapple until smooth, then slather onto whole wheat bread.

2. Pile grilled veggies onto one side of a flour tortilla. Sprinkle with shredded cheese. Fold over and heat in a skillet until both sides are golden brown, turning once. Serve with salsa.

3. Blend blueberries or strawberries into milk. Try ½ cup berries with ¾ cup milk. Sweeten with a little honey.

4. Sauté chopped mushrooms and onion in olive oil. Add a handful or two of fresh baby spinach. Toss together. Stuff mixture into pockets made in chicken breast halves. Bake. (Or pile the spinach mixture onto baked potatoes.)

5. Build a stack of mini pancakes, piling chopped fresh strawberries or peaches between each layer. Add fresh blueberries to a favorite pancake syrup, and spoon on top.





IF YOU'RE FACING AGE

RELATED VISION LOSS

FOR THE FIRST TIME EVER

THERE'S HOPE

NEW Bausch & Lomb Ocuvite® PreserVision™

The only eye vitamin proven effective by the National Eye Institute



The NEI* has just released the findings of a 10-year eye study on the leading cause of vision loss in people over 55. The results: a unique formulation of high-potency antioxidant vitamins and zinc can help preserve the sight of people most at risk for age-related vision loss. That formulation is new Bausch & Lomb Ocuvite® PreserVision™. No other eye vitamin gives you this combination of high-potency antioxidants and zinc. So ask your eye doctor if new Ocuvite® PreserVision™ is right for you. In the vitamin aisle of your drug store, food store or mass merchandiser. Protect your eyes. Preserve your vision.

For more information, visit www.bausch.com

*The NEI is a division of the National Institutes of Health.

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BAUSCH & LOMB

See the wonder

5 new products



"Get naked" is an appropriate motto for the smoothies and fresh fruit and veggie juices squeezed into take-along bottles by **Naked Food-Juice** company. Tangerine Scream is just that: tangerine juice. Nothing more. Guzzle down a serving and you've more than satisfied your daily vitamin C requirement. Very Berry is raspberry and blackberry purees mixed with apple juice, orange juice, banana puree, and water. Other flavors available. $2.50 to $3 for 15 ounces.



It doesn't get much easier than this: Take one bag of **Ready Pac Leafy Greens Blend**, poke a few holes in the bag, pop it in the microwave for 3 minutes, open, and serve. You'll be feasting on eye-protecting lutein-rich spinach, chard, and other dark greens, plus carrots and red cabbage. Super as a side dish. Excellent tossed with pasta. $2.99 to $3.49.



Toss a shelf-stable box of soup into your briefcase or lunch box and you've got the start of a good-for-you lunch. A serving of Imagine's organic **Creamy Butternut Squash Soup** gives you 70 percent of the suggested daily dose of vitamin A. Tastes yummy too. Suggested retail price per 15-ounce carton: $1.99.

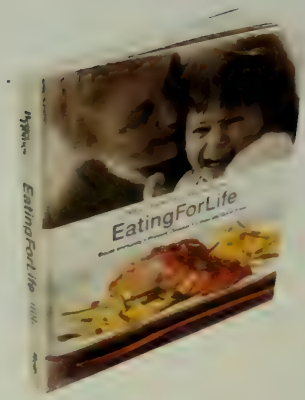


Lunch on the go just got happier and healthier thanks to **Melissa's Laptop Salads**. The Grilled Veggie Salad comes with zucchini, squash, and eggplant on spring greens with red onions and red cabbage. The Asian salad includes rice, tofu, and edamame (fresh green soybeans), along with the greens. Comes with salad dressing, a fork, and a napkin. $5.99 to $6.99.



The one-quart container of **Instant Refried Beans** looks like a pourable milk carton. But it's full of beans. Actually they're bean flakes that plump up to become frijoles after you add boiling water. Instant Refried Beans from Taste Adventure look and taste like the real thing, even though they contain no lard or other fats. Try the pinto bean or the black bean variety. About $2.50 per 6-serving carton.

YOU'LL FIND THESE PRODUCTS in major grocery stores. The juice, soup, and refried beans may be more frequently available in health food stores. You'll even find bottles of Naked Juice in many airports.



5 to bookmark

1. **Better Homes and Gardens®** ***Eating for Life,*** **Kristi Fuller, R.D., Editor (2001).** Big flavors with little effort is a recurring theme in this book. Each recipe includes a tidbit explaining its health benefits.

2. ***The Color Code,*** **by James A. Joseph, Ph.D.; Daniel A. Nadeau, M.D.; and Anne Underwood (2002).** Two nutrition pros at Tufts University teamed up with *Newsweek* reporter Underwood to provide an easy-reading rainbow of reasons to eat colorful plant foods. The book is packed with good information and includes recipes.

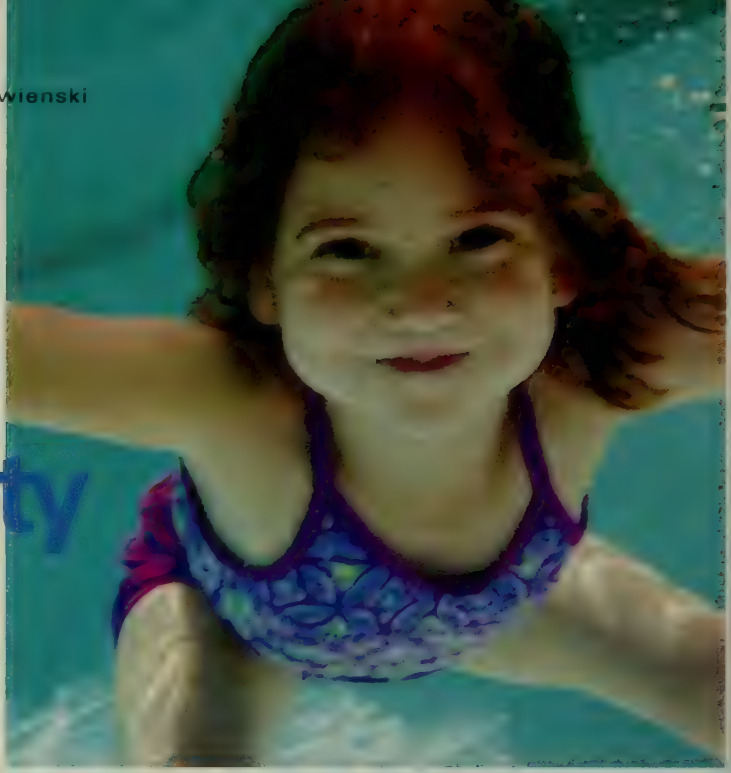
3. ***5 a Day,*** **by Dr. Elizabeth Pivonka and Barbara Berry (2002).** Think it's tough to figure out how to meet your fruit and veggie quota? This book's recipe for a mango, banana, grapefruit-juice shake alone has 3½ servings. We tested a few recipes in the *Better Homes and Gardens®* Test Kitchen. Good stuff.

4. **www.aboutproduce.com.** This is a great site for anyone who wants to eat "in season." An A to Z produce guide pinpoints availability dates, gives health info, features a nutrition dictionary, and offers a recipe search engine.

5. **www.5aday.com or www.5aday.gov** Both sites have great information and some fun interactive tools. The first is sponsored by the Produce for Better Health Foundation; the second by the National Cancer Institute. They collaborate on spreading the word about the 5 a Day for Better Health program.

To order books, see page 250.


5%
GOOD TASTE
100%
GOOD TASTE
MADE FROM 100% WHOLE GRAIN WHEAT — SO FILL UP WITH SOMETHING GOOD TASTING AND GOOD FOR YOU. POST® SHREDDED WHEAT 'N BRAN. 100% GOOD.
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Pool Safety

A year ago this month the news items in just one Southwestern city previewed the dangers that come with the summer season: pool drownings and near drownings. The headlines included: "Tot Found in Pool, Dies a Day Later"; "3-Year-Old Pulled from Pool by Dad"; and "Dad Answers Phone, Boy Nearly Drowns."

"Nationwide, an average of 350 kids under 5 years old drown each year in swimming pools," says Marcia Kerr, consumer information officer for the U.S. Consumer Product Safety Commission (CPSC). "There are 2,600 near drownings—some of those kids have to go into hospitals for the rest of their lives" she says.

Kerr said there are two frequently seen scenarios. The majority of kids drown when they fall into a backyard pool. Most other cases happen after adult supervision breaks down while kids are swimming—the parent or guardian just isn't watching closely enough.

"We suggest layers of protection. No one thing can do the job," she says. Kerr knows the importance of taking safety precautions because of a tragedy that happened in her own family 14 years ago. While her 2-year-old son was under a nanny's care, he slipped out a back sliding door, fell or jumped into the pool, and drowned.

To help avoid such accidents, the CPSC offers tips for every parent.

- Fences and walls should be at least 4 feet tall and installed completely around any pool. Fence gates should be self-closing and self-latching—and the mechanism should be well out of a small child's reach.
- If your house forms one side of the barrier to the pool, then doors leading from the house to the water should be protected with alarms that can be set to sound whenever those doors are opened. Make sure that the alarm is loud enough to be heard throughout the house, and install satellite alarm speakers if necessary.
- Install a power safety cover, which puts a lid on the pool. These motor-powered barriers slide into place at the flip of a switch to cover the entire surface of the water.
- Keep rescue equipment by the pool, including a first aid kit. Keep a portable phone poolside. Know how to perform CPR.
- Pool alarms can be used as added protection. These include infrared systems and laser beams that monitor movement in the water. If something—or someone—in the water interrupts the beam, an alarm sounds in the house.
- By the time children are in school, they should know how to swim. "However," Kerr says, "parents need to realize that swimming lessons don't make the child drown-proof."
- Kids should always be accompanied by buddies whenever they go swimming. The fun doesn't start until everyone has a buddy.

The majority of kids drown when they fall into a backyard pool. Most other cases happen after adult supervision breaks down.



It has a spinning head and stationary bristles to outclean an ordinary manual toothbrush. And now its head is replaceable. Guaranteed superior cleaning for under $6. Now that's a positive spin.

Crest SpinBrush™
A better spin on clean.

UNDER $6*
*suggested retail price



BH&G kids®



Get back to basics this summer by going on a family camping adventure. Parents and kids alike will enjoy the sounds of a crackling campfire at dusk and of birds calling as the sun rises. Our guide has advice for reserving a campsite, building a safe blaze, telling a spooky fireside tale, making tasty s'mores, and much more. Start packing because nature is calling!

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be great outdoors

New X-TREME Jell-O® Gelatin

Because it's Jell-O with attitude.



Because your kids will be X-tremely X-cited.

Because these fruit flavors bite you back.

Because it's magic.™

uy a few boxes of Green Apple, Wild Berry or
atermelon X-treme Jell-O at your grocery store.
epare per directions on box. Watch your kids go wild.



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AMERICA, THE BEAUTIFUL

For a summer experience to remember, camp at one of America's many national parks, including:

- **Acadia National Park, ME**
- **Everglades National Park, FL**
- **Grand Canyon National Park, AZ**
- **Glacier National Park, MT**
- **Great Smoky Mountains National Park, TN and NC**
- **Sleeping Bear Dunes National Lakeshore, MI**
- **Rocky Mountain National Park, CO**
- **Mount Rainier National Park, WA**
- **Shenandoah National Park, VA**

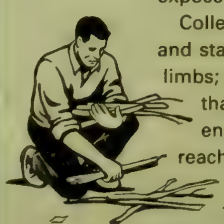
Reserve a campsite online by visiting The National Park Service Reservation Center at http://reservations.nps.gov.



HOW TO BUILD A CAMPFIRE

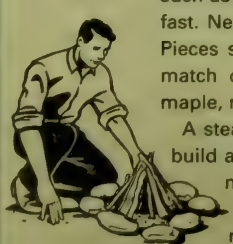
An important part of any campsite, a fire should be built with care and an eye toward safety and conservation, according to the Camp Fire Boys and Girls guidebook.

If your campsite has a designated area for fires, use it rather than creating a new one. If you must clear a new fire area, find a foundation of rock, dirt, or sand that extends below the surface several inches. Clean debris from the area for 3 feet beyond the fire's edge. Don't build the fire near tree trunks, exposed tree roots, or under branches lower than 30 feet.



Collect or purchase wood, break it into usable 8-inch lengths, and stack it neatly in piles. Good campers don't chop off tree limbs; green wood won't burn well anyway. Dry, dead wood that snaps when broken burns best. Keep the woodpile far enough away from the fire so sparks and flames cannot reach it. You don't want to inadvertently start another blaze.

A good, basic fire is the tepee shape. Place two handfuls of tinder in the center of the fire circle. Soft woods, such as pine and spruce, make good tinder because they burn fast. Next, stand pieces of kindling on end around the tinder. Pieces should overlap somewhat, but leave a space so your match can reach the tinder. Hardwoods, such as oak and maple, make good kindling because they burn long and hot.



A steady small fire works much better than a large one, so build a fire no larger than necessary. Keep a bucket of water nearby at all times, and never leave a fire unattended.

When the fire is out, cover the area with soil and leave no trace.

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WE NEVER MET A MOM WHO WASN'T WORKING.

WE LIVE WHERE YOU LIVE.™



It's pretty simple, really. Your family depends on you to be there. You can depend on us to be there, with the life insurance options and guidance you need to help protect all you're working for. We're there to help with your other financial needs, too, like *State Farm Mutual Funds.*™

LIKE A GOOD NEIGHBOR STATE FARM INSURANCE STATE FARM IS THERE.™

Call your State Farm agent or visit us at *statefarm.com.*®

Life insurance issued by: State Farm Life Insurance Company (not licensed in NY or WI), State Farm Life and Accident Assurance Company (licensed in NY and WI), Home Offices: Bloomington, Illinois. For more complete information about State Farm Mutual Funds, including charges and expenses, ask a Registered State Farm Agent for a free prospectus. Read it carefully before you invest or send money. State Farm Mutual Funds are offered by State Farm VP Management Corp. 1-800-447-4930. State Farm VP Management Corp. is a separate entity from those State Farm entities which provide auto, life, fire and health insurance products.

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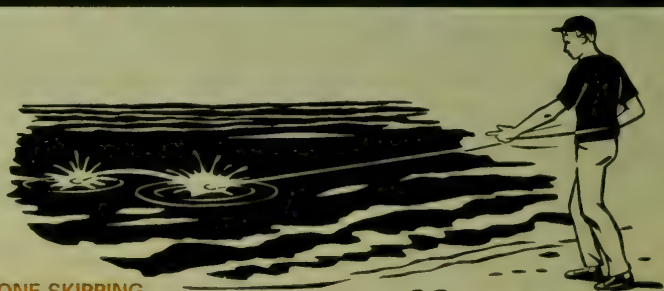


SCAVENGER SCRAPBOOK

There's an old camping motto that says, "Take only photographs, leave only footprints." In that spirit, try this scavenger hunt game that leaves nature intact and provides a lasting memory of your family camp-out.

Before your trip, ask your parents to create a scavenger hunt list. As you find each item on the list during your camp-out, take a picture and check it off. When you return home, develop the photos and use them to create a memory album.



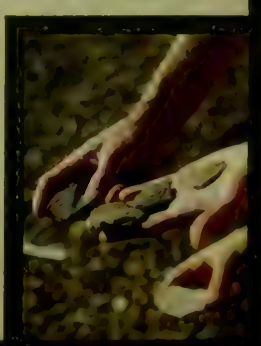


THE ART OF STONE SKIPPING

Skipping stones may be more art than science, but Jerdone Coleman-McGhee, author of *The Secrets of Stone Skipping*, says these basics are necessary for any good toss.

1. Pick a stone of uniform thickness that is about the size of your palm and that weighs about as much as a tennis ball. 2. Hold the stone with your thumb on top, middle finger on bottom, and your index finger hooked along the edge. 3. Face the water at a slight angle. Use a forehand pitch to throw the stone. The lower your hand is at release, the better. 4. Throw out and down at the same time, releasing the stone with a quick, sharp wrist snap to give it some spin. The stone should hit the water parallel to the ground.

continued on page 294





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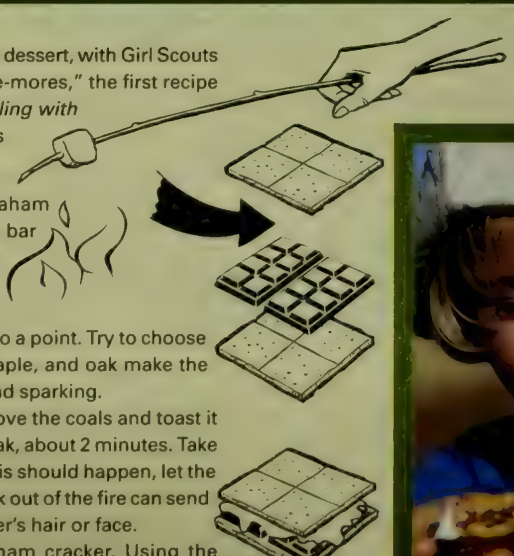

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HIT ENTERTAINMENT

The Great Outdoors

continued from page 292

S'MORES—GOTTA HAVE 'EM

Most people associate s'mores, the classic campfire dessert, with Girl Scouts USA camping expeditions. Originally called "some-mores," the first recipe appeared in a 1927 publication, *Tramping and Trailing with the Girl Scouts.* No one knows when the name was shortened, but people keep asking for "s'more."



Start: You need two squares of your favorite graham cracker, one piece of your favorite milk chocolate bar sized to match the graham cracker, and one or two large marshmallows.

Skewer: Skewer the marshmallow on an extra-long cooking fork or a stick cut from a tree and whittled to a point. Try to choose a green, young branch. Apple, cherry, hickory, maple, and oak make the best cooking sticks because they resist smoking and sparking.

Toast: Hold the marshmallow about 3–4 inches above the coals and toast it just until it starts to brown and the skin starts to break, about 2 minutes. Take care so the marshmallow doesn't catch on fire. If this should happen, let the marshmallow fall into the campfire. Jerking the stick out of the fire can send the hot marshmallow flying toward a fellow camper's hair or face.

Build: Place the chocolate on one piece of graham cracker. Using the second cracker, scrape the marshmallow off the stick onto the chocolate. Top with the second graham cracker, and gently press together.





CAMPFIRE FRIGHT

Here's a campfire tale that's spooktacular fun for all ages. Personalize it by substituting your family members' names for the names here.

A sister and two brothers were walking home after playing in a valley. They had lost track of time, and it was almost dark.

"Let's take the shortcut through the woods," said Sarah.

"The woods are kind of scary," said Eric.

Little Jimmy, the youngest, just shrugged. He never said much; Eric and Sarah were always telling him to shut up.

Sarah ended the argument. She marched down the forest trail and called back, "If you think the woods are bad, wait until you see how scary Mom and Dad will be if we don't get home before dark."

It was dark in the woods. Trees loomed overhead, their branches dangling like arms ready to snatch someone. The kids sensed wild animals lurking. The children were happy to see the bridge that went over the creek. They were almost home.

Suddenly a hideous Goblin appeared at the other end of the bridge. He had rotten teeth; clumpy, nasty hair; and scratchy long fingernails. He certainly needed a bath.

"Wha...wha...what do you want?" Sarah stuttered.

"I want you to be my prisoners and serve me for the rest of your lives," growled the Goblin. "I'm the most powerful goblin in the world, so it's no use running or resisting."

Sarah pinched herself to see if she was dreaming. She wasn't. Eric chewed on his lower lip. Jimmy shrugged.

"You don't look so tough to me," Sarah finally said. "If we can think of something that you can't do, will you let us go then?"

"Very well," the Goblin agreed.

Sarah pointed to a pine tree. It was taller than her mom's office building and as big around as a merry-go-round. "Pull that tree out of the ground," she challenged. The Goblin wrapped his hairy arms around the tree and uprooted it like a weed.

Eric pointed to a boulder. It was as big as a house and weighed 5 tons. "Throw that boulder into the next county," he said. The Goblin picked it up and threw it like a baseball.

Eric and Sarah cried. They didn't want to be prisoners. They looked at little Jimmy, but what could he do? Jimmy thought for a minute, gulped a few mouthfuls of air, then let out a mighty burp.

"Catch that and paint it green," Jimmy said. Of course, the Goblin couldn't. So the children skipped home.

Buying information, page 300



Lighting Technology Breakthrough

A floor lamp that spreads sunshine all over a room

The VERILUX® HappyEyes™ Floor Lamp brings the benefits of natural daylight indoors for glare-free lighting that's perfect for a variety of indoor activities.



The VERILUX® HappyEyes™ Floor Lamp will change the way you see and feel about your living or work spaces.

Ever since the first human went into a dark cave and built a fire, people have realized the importance of proper indoor lighting. Unfortunately, since Edison invented the light bulb, lighting technology has remained relatively prehistoric. Modern light fixtures do little to combat many symptoms of improper lighting, such as eye strain, dryness or burning. As more and more of us spend longer hours in front of a computer monitor, the results are compounded. And the effects of indoor lighting are not necessarily limited to physical well being. Many people believe that the quantity and quality of light can play a part in one's mood and work performance. Now VERILUX®, a leader in healthy lighting since 1956 has developed a better way to bring the positive benefits of natural sunlight indoors.

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...for reading...



...for working...



...and when you need a good source of light for close-up tasks.

The VERILUX® HappyEyes™ Floor Lamp will change the way you see and feel about your living or work spaces. Studies show that sunshine can lift your mood and your energy levels, but as we all know the sun, unfortunately, does not always shine. So to bring the benefits of natural daylight indoors, VERILUX, The Healthy Lighting Company™, created the VERILUX HappyEyes Floor Lamp that simulates the balanced spectrum of daylight. You will see with more comfort and ease as this lamp provides sharp visibility for close tasks and reduces eyestrain. Its 27-Watt compact fluorescent bulb is the equivalent to a 150-Watt ordinary light bulb. This makes it perfect for activities such as reading, writing, sewing and needlepoint, and especially for aging eyes. For artists, the VERILUX HappyEyes Floor Lamp can bring a source of natural light into a studio, and show the true colors of a work. This lamp has a flexible gooseneck design for maximum efficiency and two levels of light, with an "Instant On" switch that is flicker-free. The high fidelity electronics, ergonomically correct design, and bulb that lasts five times longer than an ordinary bulb make this product a must-see.



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—Nita P. C.

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Hidden Hazards at Home

News reports about the dangers of lead paint and carbon monoxide remind us that harmful household defects aren't always noticeable. Knowing about and addressing problems such as these, however, will ensure your family stays safe and sound. Here are common hidden hazards and how to take care of them.

Lead paint. Breathing dust caused by sanding surfaces coated with lead paint can hurt your brain, kidneys, and nervous system. Small children are particularly susceptible to these health problems. Lead detectors, available at hardware stores and home centers, help you determine whether lead is present (lead-based paint was banned in 1978).

Asbestos. Homes built from 1920 to 1960 might contain asbestos in floor tiles, siding, or pipe insulation. Asbestos fibers, if inhaled into the lungs, can lead to cancer. Ask your state health department for a referral to a certified professional who can test for asbestos and, if needed, remove and dispose of it.

Carbon monoxide. Such defects as a furnace with a cracked heat exchanger or a fireplace with a blocked flue can cause carbon monoxide to enter your home, possibly leading to asphyxiation. Have heating appliances and fireplaces inspected annually to keep them running safely. Also, purchase carbon monoxide detectors and use them according to manufacturer's directions.

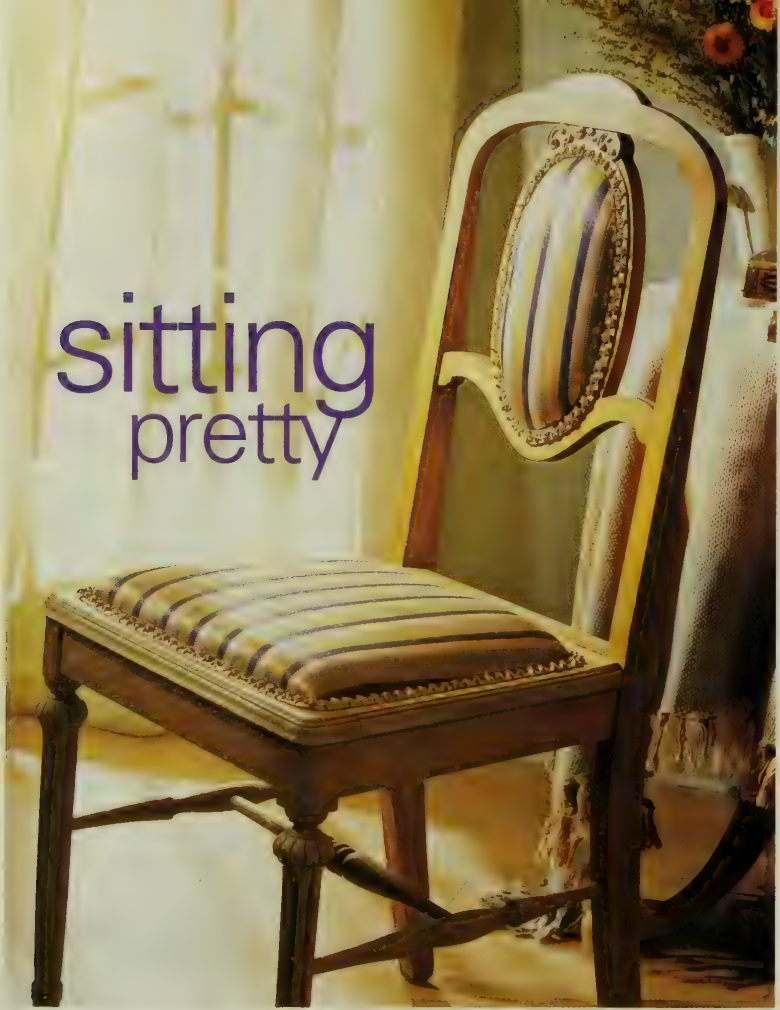
Radon. The ground in some parts of the country releases radon, a radioactive gas that can cause cancer. Radon can enter your home through its foundation. Check with your state health department to see whether radon exists in your area and to learn about proper testing procedures.

Lead in drinking water. Water quality varies from place to place, but even if lead is not present in your region's main water supply, lead might leach into your home's water through old plumbing lines. Have your water tested (cost: about $50) to see if it contains lead. If lead is present in your water, let the tap run for a minute or two before filling your glass with drinking water, because water sitting in lead plumbing for a time will contain more lead than water that passes through quickly. Replace lead pipes with copper, and use lead-free solder when installing or repairing plumbing.

For more information on invisible dangers in your home, visit the HouseMaster Home Inspection Web site at www.housemaster.com.



sitting pretty



by Catherine Kramer

Nobody tosses out a fine antique. But what about a chair that has sustained some age and, maybe like some of its occupants, has started to sag around the middle? Just as exercise can firm up a body, chair seats and backs can regain tone with tighter upholstery treatments.

If the bones are good, the chair is probably worth saving. First, check out the lines. Assuming that you like what you see, then inspect for wood rot, splitting, and fractures. Loose joints can be fixed with wood glue. Don't worry about the finish. Patina can actually be an asset.



Doing it yourself

Any upholsterer can plump up a seat and a back with little trouble. If you plan to tackle the job yourself, here are some tips.

- Remove the old, worn covers and padding. If the chair needs extra support, strengthen the seat by weaving 1½-inch-wide burlap webbing in both directions in the open area of the seat. Pull the webbing tight and tack it in place using two rows of size 12 tacks.
- Pad the seat with 1- or 2-inch-thick foam cut to fit the shape of the seat. Lay it over the webbing.
- Cover the foam with a layer of fiber bond to protect the fabric. Never lay fabric directly over the foam's raw edges; doing so would eventually wear a hole in the fabric.
- Center the fabric design on the seat. Working in opposite corners, pull the fabric tight, roll edges under, and temporarily tack in place. When corners are secure, tack the rest of the fabric in place, moving from front to back and side to side. Leave ½-inch spaces between tacks.
- When restoring the back, lay the chair down on a table so you have a solid, horizontal work surface.

Start with 1- or 2-inch-thick foam and cut it to the shape of the area to be padded. Cover the foam with a layer of fiber bond. Cut fabric and apply it to the back in the same manner as you did for the seat.

Here are some other tips.

- Select a fabric with body and weight, and one that's easy to work with. Stay away from open-weave linens and other stretchy fabrics.
- Try mimicking the lines of the chair in your choice of fabric pattern, and keep the print in proportion to the chair's scale. For instance, choose a chunky print for a stocky chair and avoid huge repeats on a tiny cushion.
- Select casual or formal fabrics to suit the chair's style—both its design and finish.
- Upholstery tacks are decorative and functional. Gimp (flat trimming), fringe, and other trims can be hot-glued in place for easy-does-it detailing.

I kept trying to tell them I wasn't a cactus.

For the squeamish, I must tell you, it wasn't fast. It took weeks. Maybe months. I can't say for certain, I didn't have a calendar. Or a radio.

I just sat there. Getting weaker and browner. I kept telling myself, "They're nice enough. They're not mean. Eventually, they'll realize their horrid mistake and they'll water me."

Slowly, the dawn came. They had no clue. I was too far gone by then. I tried rustling what remained of my pretty green shoots to signal my distress. "Yoo-hoo! Over here! Water! Agua! Wasser!" Not a drop.



Ecclesiastes, and a really cool sixties tune, tell us there is a time to die. Mine came yesterday. I flatter myself that I faced that "undiscover'd country from whose bourn no traveller returns" with as much aplomb as any azalea ever has. But what really chaps my root is this: I could see the hose the whole time! So, so near. And yet...

Eternal optimists: rejoice! Here comes the happy ending. The people who bought me, planted me and then let me wither, may not have known jack about plants. However, they *did* know where to get 'em. They got me at Orchard.

Was it kismet? Serendipity? I don't know and I honestly don't give a fig. All I know is, that decision certainly paid off. For me and for them.

It all stems (stems—I swear sometimes I crack myself up) from a simple policy: if any plant bought at OSH® dies, for any reason, they'll replace it. Gratis. And that's all she wrote.

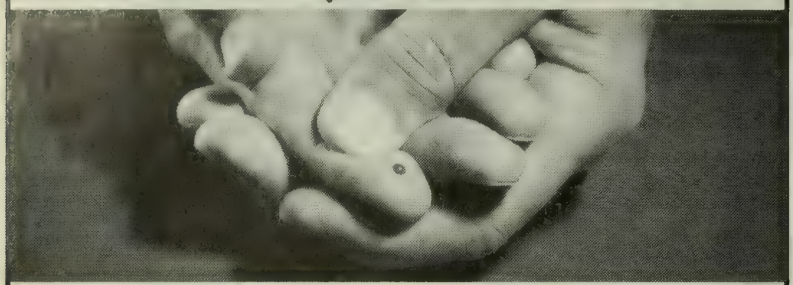
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So, the wheel of life keeps on turning. And today, a clone, an exact genetic replacement of the plant I was yesterday, is on the job. Science fiction? No, gardening fact. And now, they know all about my water needs, so I'm sure I'll be alright. I'm keeping my twigs crossed.

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garden update

Advice for the Weary: Let It Grow, Let It Grow

The average homeowner will save eight hours of mowing per season if he or she sets the lawn mower cutting height closer to 3 inches than 2, according to the in-the-know folks at Lawn-Boy. Tall grass grows slower, so you'll mow 20 percent less—and save gas too.

Pecans Without Problems

A new scab-resistant pecan tree called Nanoco will become available to nurseries this season. But the seedling trees, developed by the Agricultural Research Service and the Texas Agricultural Experiment Station, need growing time and will not be ready to release to the gardening public until early 2003.

At present, many homeowners fight scab, which is a fungal disease, by spraying their pecan trees with fungicides as many as 10 time a year.

Fill 'er Up With Soybeans?

Farmers may become the new oil barons, says a Purdue University professor of ag/bio engineering. By manipulating plant oils, says the prof, Bernard Tao, it may be possible to create a fossil fuel substitute.

"The obvious substitutes for petroleum are plant oils and fats because they have the same base chemical structure as petroleum," he says. His students have already created several products that replace petroleum by using soybean oil—candles, crayons, ski wax, even fire starters. In the next several decades, he says, black gold will be replaced by green gold.

Now That's Just Dandy

In a Sears, Roebuck and Co. survey conducted by Bruskin/Goldring Research, 27 percent of American gardeners said they are not disturbed by dandelions in their lawn. And their dandelions, evidently, are not disturbed either.

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Buying Information

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Hill, NC 27516; 919/967-0078; catalog $3. Busse Gardens (address above). **Rose Glow barberry**—Greer Gardens, 1280 Goodpasture Island Rd., Eugene, OR 97401; 541/686-8266; catalog $3. Forestfarm, 990 Tetherow Rd., Williams, OR 97544; 541/846-7269; catalog $4. **Broom**—Heronswood Nursery, 7530 NE. 288th St., Kingston, WA 98346; 360/297-4172; catalog $5. **Purple fountain grass**—Kurt Bluemel Inc., 2740 Greene Lane, Baldwin, MD 21013; catalog $3. White Flower Farm (address above). **Autumn Joy sedum**—Busse Gardens (address above). White Flower Farm (address above). Niche Gardens (address above). **Celosia**—Park Seed Co., One Parkton Ave., Greenwood, SC 29647; 800/845-3369; free catalog. **Acanthus**—Kurt Bluemel (address above). **Korean reed grass** (Stipa brachytricha)—unavailable in trade. **Other stipas**—Niche Gardens (address above). Kurt Bluemel (address above).

Secret Garden

Pages 180–182: metal/nylon furniture—Brown Jordan; 800/743-4252; www.brownjordan.com. **Tablecloth**—Williams-Sonoma; 800/541-2233; www.williams-sonoma.com. **Glasses and pitcher**—Cost Plus World Market, 200 Fourth St., Oakland, CA 94607; 800/267-8758; Web site: www.costplusworldmarket.com.

No More Ho-Hum Hostas

Pages 186–194: June, Halcyon, Love Pat, Fragrant Bouquet—Plant Delights Nursery, 9241 Sauls Rd., Raleigh, NC 27603; 919/772-4794; catalog $3.20. **Sum and Substance, Sea Dream, Bressingham Blue, Krossa Regal, Gold Standard, Regal Splendor**—Carroll Gardens, 444 E. Main St., Westminster, MD 21157; 800/638-6334; catalog $3. **Snowden**—Andre Viette Nursery, Route 1, Box 16, Fishersville, VA 22939; 540/943-2315; catalog $5.

Where Weekends Rule

Pages 201–210: for more information about Hunting Island and the beach house—contact Ron and Greta Maddox, 821 Cumberland Rd., Altanta, GA 30306; www.huntingisland.net.
Pages 202–203: painting—Ray Maddox, Low Country Artist, 2203 North St., Beaufort, SC 29902; 843/770-0704. **Nightstand, basket at foot of bed**—What's In Store; 843/838-7473. **Windows**—Hurd Millwork Co., P.O. Box 319, Medford, WI 54451; 800/223-4873; www.hurd.com.
Pages 204–205 (*left*): paintings—Ray Maddox, Low Country Artist (address above). **Wicker chair**—Pier 1 Imports; 800/447-4371. **Striped sofa and love seat**—no source. **Blue ceramic vase, white pillows**—Belvedere, 1200 Howell Mill Rd., NW, Atlanta, GA 30318; 404/352-1942. **Coffee table**—Ace Hardware, 1544 Piedmont Rd., NE, #117, Atlanta, GA 30324; 404/872-1000. (*Top left*): **Adirondack chairs**—Ace Hardware (address above).
Pages 206–207 (*left*): blue pottery—Red Piano Too Art Gallery, 870 Sea Island Pkwy., St. Helena Island, SC 29920; 843/838-2241. **Paintings**—Ray Maddox, Low Country Artist (address above). (*Right*): **wicker chair**—Pier 1 Imports; 800/447-4371. **Windows**—Hurd Millwork (address above).
Pages 208–209: fish market—Gay Fish Co., Inc., 1948 Sea Island Pkwy., St. Helena Island, SC 29920; 843/838-2763.

Backdoor Escapes

Pages 214–215: rug, styles vary by store—Marshalls; 800/627-7425; www.marshallsonline.com. **Paint on floor**, #1122, Alkyd Porch & Floor Enamel (Granite Gray)—Benjamin Moore & Co.; 800/826-2623; www.benjaminmoore.com. **Wicker furniture, glassware, vase**—Pier 1 Imports; 800/245-4595; www.pier1.com.
Pages 216–217: exterior paint stain, lattice stain, 0367 (Dane Gray)—Cabot Wood Care Products; 800/877-8246; www.cabotstain.com. **Wicker furniture, glassware, vase**—Pier 1 Imports; 800/245-4595; www.pier1.com.
Pages 218–219: (*left*): birdhouse behind table—Country Store & Antiques, 1106 N. Main St., Summerville, SC 29483; 843/871-7548.
Pages 220–221 (*right*): bench—Tobacco Barn, 75 Swannanoa River Rd., Asheville, NC 28805; 828/252-7291.
Pages 222–223: granite Japanese tea lantern—Bonsai Northwest, 5021 S. 144th, Tukwila, WA 98168; 206/242-8244. **Deck furniture**—David Smith's Company, 334 Boren Ave., N, Seattle, WA 98109; 206/223-1598.
Pages 224–225: granite Japanese tea lantern—Bonsai Northwest (address above). **Deck furniture**—David Smith's (address above). **Custom Japanese teahouse**—Birdhouses by Richard Clarke; 503/631-3684; www.richardclarke.com.
Pages 214-219: all other items—antique, discontinued, or a personal belonging.
Pages 226–227: all items—recycled.

A Cherry Jubilee

Page 232: tent fabric, "Red-checked"—N.Y. Elegant Fabric, 222 West 40th St., New York, NY 10018; 212/302-4984. **Square table,** F973PB—Vance Kitira International, 231 Main St., Little Falls, NJ 07424; 973/237-1210. **Picnic basket,** "Bordeaux" large—Optima, through The Wedding List; 212/988-6166. **Red and yellow waffled pillows,** "Euro"—ATAZ for Home and Garden, 3480 Galleria, Edina, MN 55435; 952/925-4883.
Page 233 (*bottom*): bucket, "Party Tub"—Tag; 773/697-6300; www.tagltd.com.
Page 234: green serving plate, "Correlations"—Fitz and Floyd, 501 Corporate Dr., Lewisville, TX 75057; 800/527-9550. **Oversized celadon narrow-stripe hand towel**—Ampersand, 5034 France Ave., South, Edina, MN 55410; 952/920-2118.
Page 235: fabric, "Summer Cherries on Plaid," 4404—Daisy Kingdom; www.daisykingdom.com. **Serving bowls and casserole,** "Fire-King"—Anchor Hocking Co., 519 Pierce Ave., Lancaster, OH 43130; 800/562-7511. **Oversized celadon and ginger narrow-stripe towels**—Ampersand (address above).
Page 236: paper plates, "Red Plaid"—Caspari; 800/227-7274. **Red and yellow vellux comforters**—West Point Stevens through J.C. Penney; 800/533-8229.
Page 237: paper napkins in box, "Red Plaid"—Caspari; 800/227-7274.
Page 238: set of dishes, "Jade-ite Fire-King Collection"—Anchor Hocking Co. (address above). **Striped tea towel** (under dishes)—"Xochi" through Fishs Eddy; 212/420-9020.
Page 239 (*bottom*): cherry baubles (attached to clothespins)—Country Kitchen City Cooks, 109 W. Hickory, Denton, TX 76201; 940/484-4500.
Page 240 (*right*): tent fabric, "Red-checked"—N.Y. Elegant Fabric (address above). **Dotted ribbon,** "Grosgrain Swiss Dot"—Berwick-Offray Ribbon Co., Route 24, Chester, NJ 07930; 800/344-5533. **Glass jars,** "Heritage Hill"—Anchor Hocking Co. (address above). **Yellow waffled pillow,** "Euro"—ATAZ for Home and Garden (address above). **Cooler**—no source.
Pages 231–240: all other items—antique, discontinued, or personal belonging.

BH&G Kids: The Great Outdoors

Page 292: The Secrets of Stone Skipping—Stone Age Sports Publishing, P.O. Box 189, Driftwood, TX 78619; $9.95 plus $3 for shipping & handling.

ge 295: all camping gear—REI, Sumner, WA
52; 800/426-4840; www.rei.com.

ader Shopping

ge 41: Puttering Sheds—Better Barns, 126 Main
S, Bethlehem, CT 06751; www.betterbarns.com.
ge 70: Hostas—Carroll Gardens, 444 E. Main
Westminster, MD 21157.
ge 172: Phlox, "Nora Leigh"—Prairie
ennials, 11125 South 14th, Roca, NE 68430;
w.papagenos.com.
ge 246: Rooster Cookie Cutter—Off the Beaten
h, 6601-D Royal St., Pleasant Valley, MO
68. **Graduated Daisy Cookie Cutter Set**—
co, 36 Sea Cliff Ave., Glen Cove, NY 11542.
ich Lollipop Sticks—Make 'N Mold/Tomric
stics, 85 River Rock Rd., Buffalo, NY 14207.
**ge 250: *The Color Code: A Revolutionary
ing Plan for Optimum Health***—AOL Time
rner, 135 West 50th St., New York, NY 10020.
Day: The Better Health Cookbook—Rodale
ss, 33 East Minor St., Emmaus, PA 18098.
ge 252: Instant-Read Digital Thermometer—
inson Knife Co., 2615 Waldon Ave., Buffalo,
14225.
ge 277: UV-Smart—Tanita Corp., 2625 S.
arbrook Dr., Arlington Heights, IL 60005.

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tering Shed
es 32–34: builder—Gene Zinda; 503/472-5398.
e 36: designer/landscape design—Connie &
an Calderwood, 3 Standish Rd., East Orleans,
02643; 508/255-2007.

Cozy
es 160–165: interior designer—Marie Meko,
r Ltd., 4386 France Ave., South, Edina, MN
10; 952/925-9146.

ret Garden
es 178–182: landscape designer—Cynthia
er, 1928 Fifth Ave., San Rafael, CA 94901;
460-0858; www.eggerlandscape.com.

ere Weekends Rule
es 201–210: architect/contractor—Ron
ldox, 821 Cumberland Rd., Atlanta, GA
06; 404/827-5920.

kdoor Escapes
es 213–217: architect—Joseph C. Schiffer,
Partner, Herbert S. Newman and Partners
300 York St., New Haven, CT 06511;
772-1990; e-mail: Jschiffer@hsnparch.com.
der/contractor—Thompson and Burns, LLC, 28
th Fair St., Guilford, CT 06437; 203/453-8761;
203/453-0000.
es 222–225: architect—Greg Hackworth,
Post Alley, Seattle, WA 98101; 206/443-
. **Landscape designer**—Shelly Johansson,
01 Falk Rd., Bainbridge Island, WA 98110;
842-0150. **Contractor for house**—Jim
ghlin, Madison Avenue Development, 240
ver Rd., Bainbridge Island, WA 98110;
842-3506. **Contractor for deck**—Johansson
struction, P.O. Box 654, Seabeck, WA 98380;
830-2282.
es 226–228: landscape designer—Emilio
ura, 4601 S. Slauson Ave., Culver City, CA
30; 310/428-9418. **Builder**—Tony Csukor,
ina Construction Services, 4073 Bledsoe
, Los Angeles, CA 90066; 310/201-4439.
trician—Don Klein, Marina Electric, P.O. Box
1, Marina Del Ray, CA 90295; 310/305-7207.
nber—Michael Blank Plumbing, 13536 Via
a Catalina St., Sylmar, CA 91342; 310/613-
. **Painter**—Raul Vividor, 1003 Edith Ave. B,
mbra, CA 91803; 818/517-0713.



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